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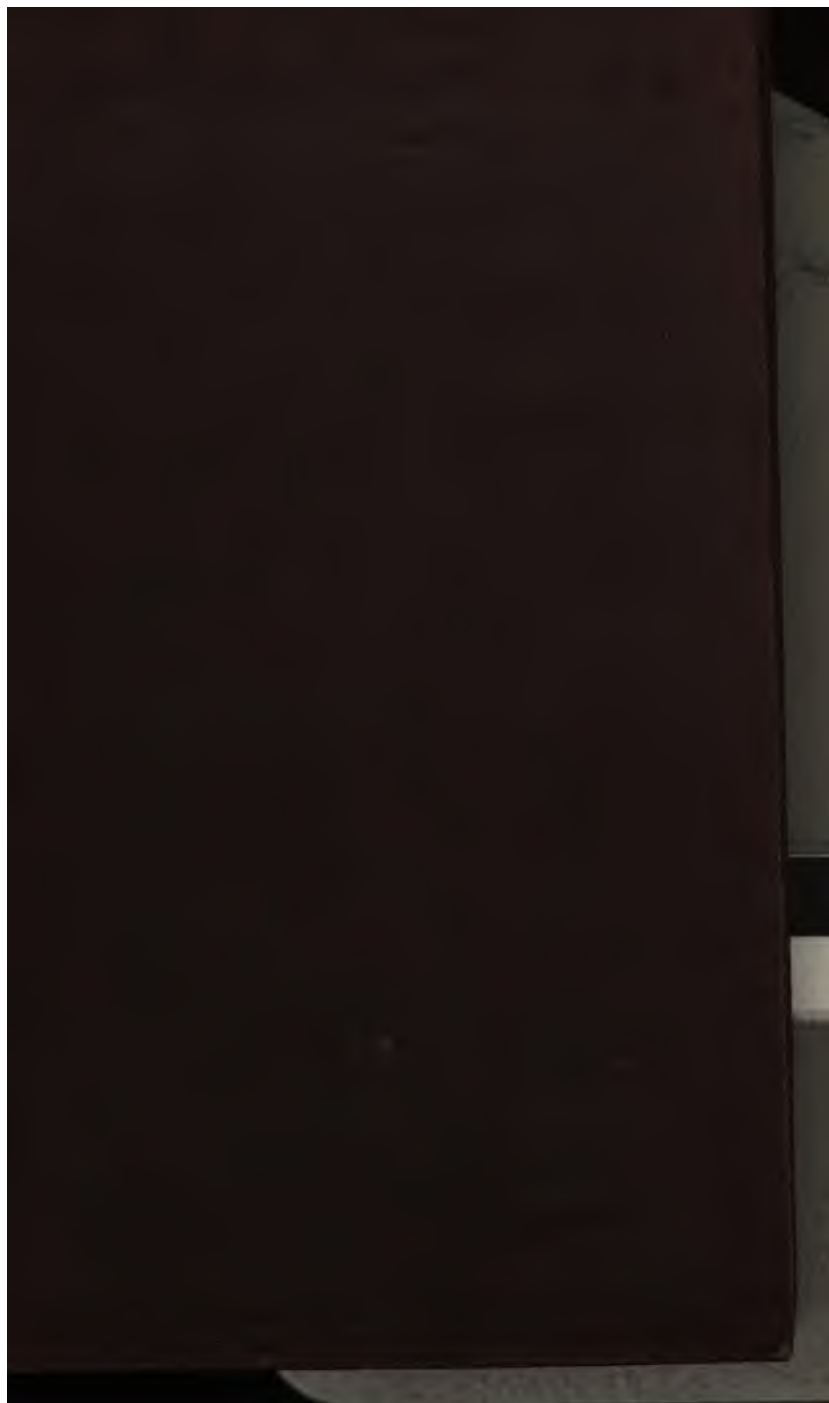
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"THIS IS THE MEDICINE OF NATURE."

Sir John Hill, M.D.

FAMILY MEDICAL ADVISER:

BY

JOHN SKELTON,



LECTURER ON AND PROFESSOR OF THE VEGETABLE PRACTICE
OF MEDICINE.

"Nothing can be so perfect & so delicate for the taste, dainty for the smell,
pleasant for the sight, wholesome for the body, conservative or restorative for the
health, but it borroweth the relish of a herb, the savour of a flower, the colour of
a leaf, the juice of a plant, or the decoction of a root."—Old Gerard.

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PREFACE.

ESTABLISHED customs are not easily broken, and where they do not interfere with the common courtesies of life, it were a pity they ever should be. Reader, we have no desire to break them ; on the contrary, we feel pleased, through this custom of preface writing, to speak to you. It enables us to draw nearer to each other, and to assist in the great work of human improvement.

We meet possibly, through the *Family Medical Adviser*, for the first time, and may be, we shall never meet but through its pages, and possibly live and die without any other communion. Suffer me then to hope that our little book may be found in reality to be what it professes. And what higher object can a man have in view, or what nobler position can he seek to attain, than to the friendship and confidence of his fellow creatures ; and if our efforts to relieve the anguish of suffering humanity be successful, we ask no greater reward than the smiles and approbation of those who profit by our labours.

To become your family adviser, your " friend in need," to be useful while we live, and when called to our last account, feel the pleasing satisfaction, arising from the con-



that we mean it to do good, and that we have a settled faith, founded upon practical experience, that it will do so.

Our twenty-four propositions contain the constituent principles upon which the work is raised. *If these are false, then is the practical part of our book false; but if they are true, then is the practice true also.* To time, the great umpire and judge between men and systems, we submit our case, fully believing that that which is true can never be lost: content to abide by the decision, be it either for or against, and thus say, *if our labours shall be found of no advantage, let them pass* to be remembered only as an effort to do what there was no capacity to accomplish, and even then we shall be at peace within, conscious that our failure is our misfortune, not our fault.

JOHN SKELTON,

11, EAST PARADE, LEEDS.

That which is proposed as a universal good must agree with its universal harmony and fitness of things, or it will fall before the mission is half accomplished.

THE CONSTITUENT OR FUNDAMENTAL PRINCIPLES
OF THE

Vegetable Practice of Medicine.

1ST.—Disease is the natural consequence of life, and as the foundation of all good is centered in the one word, **HEALTH**, whatever is best calculated to secure it should be the one aim of all human exertion.

2ND.—The highest point the mind is capable of attaining, either in philosophy, science, or morals, is the deduction of effects from causes; and as the tree is known by its fruit, so is every good effect the certain evidence of a good cause.

3RD.—Nature presents an unbounded field for speculation; and when men's minds become developed by the progressive influences of society, so that they can demonstrate to the general satisfaction of others the relationship of great natural truths, which in their crude or untutored state were matters of speculation, then those newly discovered truths must be productive of good proportionably with their reception amongst mankind.

4TH.—The number of known facts or constituent principles ever governing society, and their application to the wants of men, determine the different phases and conditions of social and physical life, its health, wealth, education, security, misery, and happiness.

5TH.—All life is subject to decay; and since a knowledge of facts can only be obtained by experience, experience tells us that in our search for the means of securing the greatest amount of good compatible with human means, we have to war with unknown causes, the contact of which is often found most destructive, nevertheless of the greatest value to the future generations of men.

6TH.—In accordance with this idea, we have seen plague, pestilence, fever, sweating sickness, small pox, syphilis, cholera, and other forms of disease, sweep away the population of our towns and villages. Wars have desolated the earth, and general conflagrations have also had their share of human prey; nor could men have taken a single step in advance, but for the discovery of the evils connected with the *past*.

7TH.—It does not follow that because these evils have been, that they therefore shall be; on the contrary, having obtained by experience knowledge which could not have previously existed, and

having applied that knowledge, changes have taken place, and as each change accorded with the conditions established in nature, so were they productive of greater security and general good.

8TH.—All the constituent or essential conditions which determine the progressive perfection of SOCIETY, EXIST ETERNALLY IN NATURE, and in proportion as men discover and apply them, so will they go on perfecting that progression.

9TH.—Whatever great calamities afflict a people, it is an evidence of conflict between the principles of eternal truth and the conventional errors of men, and the very fact of the evils existing, become the incentive to stimulate men to future exertion.

10TH.—The present state of medical knowledge gives an evidence of deficiency in its incapacity to meet the wants of the age. Disease still spreads its terrors in society; and those who should be the guardians of the public health, are incapable of arresting it. The confidence of the people is lost, for they have discovered that the class of men set apart for the purpose of making the study and practice of medicine a profession, have wandered into the unknown regions of ridiculous speculation, instead of devoting themselves to the true principles of medicine as established in nature.

11TH.—The economy of nature is demonstrated in the universal fitness of all things in the relationship which it holds to all animal life, and in the following fact, viz.; that our mother earth is the one great primary source of all existences, from whose bosom all sustaining and curative agents can alone be obtained. "The alpha and omega," first and last; she holds therefore the first position in the order of nature.

12TH.—The vegetable kingdom could not have existed but for the mineral, inasmuch as all vegetable life is nourished and sustained immediately from it, and without which there could be no existences. The vegetable kingdom holds, therefore, the second position in the order of nature.

13TH.—The animal kingdom is equally connected with the mineral, but through the direct agency of the vegetable; hence we find both the animal and vegetable partaking of the properties of the mineral. They are, nevertheless, perfected through the organic influences belonging to their natures, and although distinct, yet are they dependent upon each other. The animal kingdom holds, therefore, the third position in the order of nature.

14TH.—The instincts of both plants and animals point out the peculiar agencies which assimilate with their organization, and is a never-failing indication to man of that which is the best fitted to develop the full perfection of their lives.

15TH.—It is through these instincts that the science of horticulture, agriculture, botany, and zoology, have been so much improved during the last half century; and in proportion as men mark the indications of the natural instincts, and rightly direct them, so do they most certainly obtain perfection proportionably with their exertions.

16TH.—The instincts of all vegetable life teach us that the peculiar power belonging to their being or life enables them to perfect their existence, and to transmit it in every respect agreeable with their instincts; and that the germ or seed being cast upon the

earth, absorbs its moisture, shoots out its roots, extracts its nourishment, fastens itself upon the spot, gives forth its nature, or germinates, from which point it is perfected agreeably with the affinity or attraction of the earth, and lives or dies accordingly.

17TH.—The instincts of all animal life, whether of man or beast, teach us also that each according to its nature seeks to sustain itself by partaking of such agencies as best enable it to fulfil the duties and obligations of life. Unlike the plant, animals are not confined to a spot, but seek the means of existence in different ways; some being carnivorous, others herbivorous, whilst others again partake of both natures, and live alike upon animal as well as vegetable food. Each animal, however, is perfected like the plant, agreeably with the aliment, freedom from molestation, and general security, transmits its like, and lives or dies accordingly.

18TH.—If, then, the natural instincts of all existences, unobstructed by artificial means, point out the certain path to its own conservation, what are the most striking characteristics manifested in the animal kingdom to which man is immediately related, and of which he is supreme?

Firstly,—No creature breathing upon the earth's surface has ever yet been found seeking beneath it for mineral substances, either to sustain it in health, or cure it in disease.

Secondly,—Mineral substances will not assimilate with the living animal body, hence, they are instinctively rejected by all organized creatures.

Thirdly,—All experience teaches us, particularly the experience connected with human life, that mineral substances taken into the body, as well as the poisonous vegetable ones, whether by accident or design, as food or medicine, tend to disorganize and destroy life, some immediately, others again, remotely; all, however, are injurious in a greater or lesser degree.

19TH.—All societies, or individual men, qualified or otherwise, teaching and practising medicine through mineral agencies, whether called simple or poisonous, or by bleeding, blistering, and salivating, most decidedly oppose the economy of nature, and ought no longer to be tolerated by the public, for "that which is injurious and destructive to life when in health, can never be made to harmonize with it in disease." Therefore, the voice of humanity, and of reason, cries aloud against it, as one of the grossest delusions of the age, having no foundation either in science, philosophy, or the animal instincts, and being opposed to, and false to, nature, it is also false to, and injurious in its application to men.

20TH.—The vegetable practice, on the contrary, has its foundation in nature. It assumes that disease being the natural consequence of life, that in accordance with the great economy of nature, there is in the vegetable kingdom a provision for the body in disease, as well as in health, and that the only rational practice of medicine is that which has its existence in the fitness of things, as seen and felt through the harmony of the whole natural economy, and being true to nature, it is also in practice found true in its application to men.

21ST.—That disease is natural to man is self-evident, for it is both seen and felt in the fact of existence, and in the knowledge that

society has never yet been found without it. The medicine man of the savage, the therapist of the Greek, doctor and physician, are but the living representatives of the same constituent principle manifested continuously in the relationship of men to the great progressive principle of their existence.

22ND.—The instincts of men, like those of the lower animals, are ever true to nature, when not falsely directed by conventional error; hence we find that the various medicinal substances of the vegetable kingdom have been the means to which mankind have resorted for the purpose of alleviating pain and curing disease in all ages of the world, nor can there ever be a possibility of destroying this instinct. In the rural district of this and every other civilized country, the people are still found true to it; accordingly we see nature again asserting her supremacy in the progress which the natural or vegetable practice is making, wherever its simple truths are proclaimed.

23RD.—The most striking proofs that can be given of the truth of the vegetable practice of medicine, are,

Firstly,—The success attending it, wherever or by whom employed; and,

Secondly,—The want of success attending the mineral practice, wherever or by whom employed.

In support of these propositions we will give a quotation or two from a few of the most eminent men in the practice.

LOOK ON THIS PICTURE

Nature has supplied us with a sufficient quantity of vegetable medicines for the cure of man's diseases; they are friendly to the constitution, and beyond comparison more efficient remedies than substances taken from the mineral kingdom, which although they may cause a temporary cessation of disease, do so at the EXPENSE OF THE VITAL POWERS, and thus they are in themselves a MOST PROLIFIC SOURCE OF DISEASE.—*Robt. Howard, M.D.*

A proficiency in the arts of practical physic. far beyond the scope of their other attainments, ever forms a curious but unailing trait in the character of savages. The most obstinate diseases of civilized Europe have frequently yielded to the powerful simples culled by savage hands amidst the wilds of their native forests.—*Sir John Pringle.*

Nature has in this country,

AND ON THAT.

Calomel has been used as an universal remedy, it has proved a terrible curse to society, and THERE ARE FEW PERSONS IN THIS COUNTRY WHOSE CONSTITUTIONS HAVE NOT BEEN INJURED BY IT. On inquiry into the causes of the ill health of patients, it is very common to meet with this answer: "I had an attack of illness, for which I was salivated with mercury; some of my teeth fell out, and others soon began to decay. I have never regained my former health." * * *

PLAGUE OF CALOMEL. This disease in medical language is called Ecgema Rubrum, Ecgema Mercuriale, and Hydrargyria, or the mercurial disease, because it is caused by calomel or mercury in constitutions most susceptible of the ill effects of that poison. It commences in large red patches on different parts of the body, attended with pain and

and doubtless in all others, provided in the herbs of its own growth the remedies for the several diseases to which our bodies are liable. THIS IS THE MEDICINE OF NATURE, and as it is MORE EFFICACIOUS *in most cases*, it is MOST SAFE IN ALL.—*Sir John Hill, M.D.*

Bradford, Oct. 12, 1851.

Dear and honored Sir,

Since I wrote to you in April last I have enjoyed better health than ever I did, even before you attended me. My health is now such, that all who have known me for the last ten years, and who witnessed my sufferings, are completely astonished at seeing me look so well; those who have not seen me for twelve months don't even know me, while others say, "there goes a living wonder." My cure is indeed a miracle.

Suffer me, Sir, to tender to you my heart-felt thanks for your kind attention paid to me during the time that I was upon my "death-bed," as it was called by the MEDICAL GENTLEMEN OF BRADFORD, the whole of whom who had seen me had given me up to die. Thanks, Sir, to you; and may God bless you and spare you long to carry on the glorious, noble, and life-saving work, that you may be instrumental in the hands of Divine Providence in doing good.

Your grateful servant,
ANN TODD.

19, Manchester Road,
Bradford.

intolerable itching; pimples appear, which soon break; all the red surface then becomes raw, an acrid humour flows from it which scalds and corrodes the surrounding skin, UNTIL THE WHOLE SURFACE OF THE BODY, FROM HEAD TO FOOT, IS SOMETIMES IN A STATE OF PAINFUL EXCORIATION, POURING OUT A BURNING ICHOR, *which, polluting the whole air with a most sickening odour, stiffens all the covering of the body, which sticks to the flesh*; THE SKIN IS CHOPPED IN DEEP FISSURES in various parts, the TEETH, the HAIR, the FINGER AND TOE NAILS OFTEN DROP OFF, and thus the creature is REDUCED TO A CONDITION AND MISERY WHICH NO LANGUAGE CAN DESCRIBE.—*Robert Howard, M.D.*

Every drop of blood abstracted from a patient, is so much of his life taken away.—*Dr. Hunter.*

The most simple and mildest forms of mercury exert a most extensive influence over the human frame, and in the smallest doses often most speedily destroy life.—*Dr. James Hamilton.*

Mercury is injurious to the stomach, given in any form.—*Hooper.*

No medicine is so destructive as calomel, and certainly none excites the same horrible and indescribable feelings.—*Graham.*

If things were called by their right names, the present system of medicine might justly be called the *poison cure*; an appellation terrific or absurd as the different imaginations of the people might make it.—*Horatio Prator, M.D.*

Ye are butchers all.—*Byron.*

These, then, are living active evidences of truth and error, and prove to a demonstration that no education can possibly make that which is false to nature true to men; whilst, at the same time, it proves that that which is true to nature, when practised *even by savages or men entirely dependent upon instinct*, without the intervention of artificial rules cannot be made false to men. Thus we see truth existing apart from conventional teaching, and claim the

right as children of the one common parent to become partakers of the free gifts of nature, and to employ whatever means we deem to be in accordance with truth to cure disease, either in ourselves or children, irrespective of legal restraint, inasmuch as the laws of nature ever take precedence of the laws of men.

24TH AND LAST.—With this view before us, disease becomes an understandable and open question, in which every man and woman are alike interested, and can be reduced to a simple but scientific standard, as well as any other subject connected with human welfare.

What, then, are the deductions which (as professors of the vegetable practice) we draw from the fundamental principles which we seek now to establish?

Firstly,—That the vegetable kingdom is the only natural provision for disease, and what the knowledge of the science and practice of agriculture is to the health and progress of a people, so also is the knowledge of the medicinal properties of plants. The one is the natural provision for life and health; the other, the natural provision for disease.

Secondly,—That health is the greatest blessing of life, without which man is most wretched and miserable, and that as he naturally depends upon his knowledge of the substances best fitted to sustain him in health, and is considered to have a free right to investigate and decide as to what food is proper for himself and family; so, as man, he has an equal right to judge regarding his physic. We therefore declare,—

Thirdly and lastly,—That all mineral substances taken into the body, either as physic or food, whether by accident or design, tend to disorganize and destroy life, as rational men, then, we here condemn their use; and thus proclaiming our convictions to the world openly, we ask, who is prepared to disprove them? We shall, therefore, hold fast that which we believe to be the truth, until some one *abler and wiser* among the sons of men prove us to be in error. *Once again, then, we say, the vegetable practice has its foundation in truth, and that disease is the natural consequence of progressive life—that thousands of years must, and did pass before men thought of employing minerals as medicines—that their use for the last THREE HUNDRED AND FIFTY YEARS (since the great “quack salver,” PARACELSUS, first introduced them) has fully demonstrated their injuriousness to the human race; and had there been nothing by which disease could have been removed but minerals, mankind must have been most wretched and miserable, nor would it be assuming too much to say, it might have become extinct.*

THE
CONDITIONS OF HEALTH.

Part the First.

WE propose, before entering immediately upon the subject of disease, to say a little concerning the conditions which determine the existence of health ; for all must admit “ prevention to be better than cure,” and it is much more reasonable to suppose that we shall be more earnest and better able to do this, with the knowledge, than without it.

Man is so constituted in every part, that the body is fully capable, when in health, of fulfilling all the duties and obligations of life with pleasure ; and seeing that happiness is the great end of his exertions, and that to be happy it is necessary to be healthy, his first and greatest consideration should be “ how to best secure it.” As the people are now placed, it is not always within their power to possess it ; and simply for this reason, because independent of the many and varied employments in ill-ventilated factories and workshops, the want of proper sanitary arrangements, and the continuous evils arising from excesses in eating and drinking ; the wrong direction of the natural instincts, affluence, poverty, ignorance, and vice, too many are brought into the world with diseased bodies,

and where this is the case, and the circumstances surrounding them (which were the causes of the disease) continue, and they are thus doomed to breathe out their vitiated lives in the midst of a physical and moral pestilence, there can be but little hope for a return to health. Knowledge alone, when it shall have accomplished its mission in the providing of such arrangements as determine human security, can alone rescue society in the aggregate. We must content ourselves at present to improve the units or individual men and women, and if we can do something towards this end, we shall be satisfied that our poor exertions have not been without their reward.

Let every reader of this book bear in mind that in themselves lie the germs of future life, and that if they neglect to secure health for their own bodies, they have no right to expect it in their offspring, for the child is but the reflex of the parent; and strange as it may appear to minds unacquainted with the fact, the transmission either of disease or health depends upon fixed and eternal laws, and forms one of the strongest incentives to individual virtue and national prosperity that can possibly sway the human mind. The ancient Israelites were taught the physical conditions of health; it formed in fact a part of their religious duties (as it should with all); hence Moses said, "the iniquities of the fathers are visited upon the children, down to the third and fourth generation," which is perfectly true in a physical point, although not always reconcileable in a moral one. Taking this view of the subject, we say, every parent is bound to attend to his or her health; and if they do not, the negligence is punished not in their bodies alone, but in the bodies of their children. This is the natural retribution which ever follows

the violation of the physical laws ; and here we see the strong incentive and moral obligation to virtue. *We may be careless of ourselves, nor value health sufficiently for ourselves alone, but the love of offspring is so strong in the human breast, that the very thought of entailing suffering and disease upon our children is made the most powerful motive to care ;* and is it not curious that this beautiful provision should be overlooked by even the most careful in things of a less important nature.

We see this *eternal* law ever before our eyes ; aye, and witness its effects in many things of but small importance ; for instance, we have our *annual cattle shows*, as well as the various *flowers, fruits, and grains*, where we observe the best skill and care that can possibly be exercised applied to the purpose of bringing about a given result, and he who has the most successfully carried out, through all the stages, the conditions which determined the end, *carries off the prize*. Thus while *science* is brought to bear upon the *inferior animals*, *poor humanity is left to chance*. To all, then, who read this book, bear, if you possibly can, this eternal truth in mind, in order that the duties and obligations of life may not only be productive of happiness to yourselves, but that it may also be the medium of health and pleasure to your children ; and never forget that what is deficient in your religious and social teachings, must be remedied in your domestic circles.

The human body is composed of many parts, each dependant upon every other part, and in itself a perfect whole, of which the blood is the “alpha” and “omega,” or first and last. Disease cannot exist so long as the blood is in a pure state, nor can health be found where it is impure ; every organ, blood, bone, nerve, and muscle, from the visible to the imperceptible, with every sensation

connected with existence, and every thought, from "the poet's eye in a fine phrenzy rolling" down to the sympathies of infancy and the imbecilities of age, all depend for existence upon the blood. It is in fact the "life." We may then sum up the conditions of health in a few brief paragraphs or general rules, leaving, as we must, every one to consider the exceptions, and to regulate their lives according to what reason and experience tell them is the best.

OF HUNGER.

THIS sensation is for the purpose of telling us when the stomach requires a fresh supply of food, which should be of the kind and quality that will best assimilate with the nature of the body ; in other words, it should be "wholesome," varying from the simple nutrition of the new-born infant, as drawn from the breast of the mother, to all the varieties found in the vegetable and animal kingdom, or at least to such of them as reason and experience shall dictate. We shall not presume here to set up a standard of food, inasmuch as the great difference in the habits and constitutions of men, the various productions of different climates, and the great national varieties, render the thing next to impossible ; nor shall we pretend to decide the question at issue between the advocates of a vegetable and those of a mixed diet of animal and vegetable food, although we feel satisfied of one truth, which is, *that those who live exclusively upon vegetable food suffer less from disease considerably* than those who eat animal food, and we would certainly advise parents to take care not to allow their children to partake of it too freely ; if in fact they could be kept from it altogether it would be by far the

safest plan. *The food, above all other considerations, should be "wholesome," taken at proper seasons, "sufficient," and "plain."* This I lay down as the general rule, the exceptions must be left with the reader.

OF THIRST.

THERE is no sensation of the body so much abused as this ; for although the fluids form by far the greatest part of it, and must have its supply from some source, care should be taken not to admit the strong exciting drinks, which, most unfortunately for man, are considered under too many circumstances absolutely necessary. Pure and wholesome water from the spring, is the only natural, and healthy beverage ; hence we find it the only drink to which the whole of the lower animals resort ; it is *the same in all countries and climes ; foolish man* alone, led astray by his passions, has *forsaken this provision of nature, for artificial preparations of his own*, from which source arises *ten thousand maladies* that afflict him, body and soul.

In *health, pure water* alone is all-sufficient, and even *in disease it will be found one of the best restoratives in nature*, where the body is not too far reduced to reject it. Long continued follies too often pervert and destroy the simple instincts of nature ; hence it is that in many forms of disease water will be found objectionable, and it becomes necessary to resort to such means as prudence and experience may suggest.

The rule I would lay down here is "drink" *when thirsty, and only then ; let it be pure "water ;"* and where it cannot be obtained in a pure state, a *filter* should be employed,

Common filters are now very cheap, and no family inhabiting a large town or city should be without one.

OF AIR.

THE supply of pure air to the lungs is a very important condition in the economy of health; and where this cannot be obtained, there is altogether an impossibility of enjoying health. Those engaged in ill-ventilated rooms and cotton factories, give evidence of the bad effects of such employments, by the pale, sickly, and emaciated appearance which they in general present; and the numberless diseases under which they are doomed to labour, is "proof strong as holy writ" that such occupations are not congenial with the natural requirements of the body. It is in vain to suppose that medicine can remove disease resulting from the continuous violation of the natural laws. It may be made the medium of removing the obstruction and restoring the body; but as "like causes produce like effects," so a return to them must inevitably bring back either the same or some other form of disease.

It is truly pitiful to witness the sacrifice of life in our large manufacturing districts, and for what purpose is the terrible curse inflicted but that the few may riot in luxury?

To the hundreds of thousands of my fellow-creatures now engaged in this struggle for bread, to sustain at best a diseased existence, let me say, that although you may not be able to change this state of things by your own individual exertion, nevertheless you can do much to mitigate the evil, and to render life and your passage through it more tolerable, much more healthful, smoother, and comfortable.

Every day, at the conclusion of your work, you should seek the green fields, for the purpose of discharging the impure matter which has been engendered during your work ; for this purpose climb up a hill, jump, sing, shout, run, or do any thing that will promote a quickened circulation of the blood.

The lungs, you know, occupy the whole cavity of the chest, and their use is to inspire, or draw in the air, which is supplied by nature in the atmosphere that surrounds the earth, on which we live, to the height of about fifty feet, composed principally of a matter or gas called nitrogen, and another called oxygen. It is this air that passes into the lungs ; and as the blood in its circulation is forced to pass through the lungs also, they intermingle with each other, thus the blood circulates through the ten thousand fine vessels or cells of which the lungs are composed, and these cells being the receptacles for the air, each time that we breathe or inhale it, it is absorbed into the blood, which is thus purified and rendered fit to sustain healthy life. By the process just mentioned we purify or oxidize the blood, whilst with each expiration, or breathing out, we throw off the impure gas or carbon. We usually take in about as much air at each inspiration as would fill a pint measure ; and from three to four thousand gallons pass in and out a healthy person's lungs every twenty-four hours. Now here we see the value of pure air, and the necessity that there is for discharging the impurities taken into the system through bad ventilation. Let me again say, that this is a most important condition of health, and that it is a duty incumbent upon all men and women to attend to it, but particularly parents. All rooms should be properly ventilated both by day and night ; seek good airy situations, and be particular not to suffer veg-

table and animal matter to accumulate around your dwellings, for when it begins to decompose or decay, it engenders a miasma or poisonous gas, highly injurious to the health, from whence arise fevers, diarrhæa, cholera, &c.

Let me particularly impress this subject upon all, but particularly upon Medical Botanists, who must, by attention to things of this kind, become examples to their more thoughtless neighbours; and thus, while enjoying the blessings of health in their own families, they will be as beacons to the world.

OF CLEANLINESS.

THIS too is a great consideration in the economy of health, and its utility only requires to be better known to acquire for it a most extensive practice. There is an old adage which says "cleanliness is next to godliness;" but if we were to call it a part of godliness itself, equal in importance to any other part, we should not be claiming too much for it. I do not know why it is that idolaters should see the importance of it, and that we, professing christians, should neglect it. It may be that we think it a good thing for Jews and Turks, but of no importance to us; this I think a great mistake. The skin is a beautiful porous covering, provided by nature as a protection to the body; its purpose is also to absorb the pure atmospheric moisture, &c., and to discharge the exhausted or worn-out matter which is thrown off continually by the blood, during its circulation. Physiologists tell us that there are several thousand little pores, or outlets to every square inch of the body, and how is it possible for the skin to fulfil its functions, if these little outlets, or pores, are choked with dirt. The whole

body should be well washed every morning or night, as most convenient, with a flannel, soap, and water, in the same manner as the face, and afterwards well rubbed with a coarse dry cloth ; above all things it should not be neglected in children. Now when we consider the very important office which the skin holds in relation to health, it must be evident to all that we cannot neglect attending to it without considerable danger ; and let me say in conclusion, to those who have never troubled themselves about it, try a good wash in cold water every morning, for a fortnight, and you will find the benefits so great, that it must be something more than ordinary to cause you to neglect it.

OF EXERCISE.

EXERCISE both for the body and mind is an essential requisite for the perpetuation of life and health. In fact, we know by experience that idleness is an excessive vice, and most prolific of disease. The body is so made that labour is absolutely necessary, and were it possible, constituted as man is, for him to be compelled to live without labour, it would be found a punishment too great to be borne ; hence it is that those in the possession of wealth are compelled to seek some artificial means of ridding themselves of the "ennui" resulting from the want of useful and active employment. From this source arises much of the vice and disease existing in the world ; and I have often thought when examining into the many kinds of criminal punishment practised in different countries, that the severest and most unbearable would be found, not in solitary confinement, whipping, or the treadmill, but simply in close-guarded compulsory idleness,

or forced bodily and mental inactivity. Labour is useful to man in every way: the only consideration should be, "healthy employment and free from excess." This, if attainable, would form both exercise and recreation; but where this cannot be had, it is wise to regulate the circumstances so that they may approximate as near to it as possible. Let me here say to all parents, if you desire to promote the health of your children, let them have plenty of exercise in the open air, and remember also to take as much of it yourselves as you possibly can. There is nothing more grievous than to see men and boys, and often the women, standing at their doors or in the corner of the streets smoking the abominable stinking tobaccô, in the midst of filth and dirt; and worse than this is it to know that many of our most skilful artizans, in every town and city, are so sunk in depravity and folly that the only pleasure they are capable of feeling, is in the midst of a smoky stinking tap-room, where, half intoxicated with poisonous liquids, they waste the few precious hours in boisterous glee, forgetful of every *condition*, save that of THE FOOL. To you, my friends, who read this book, bear in mind that nature tolerates evils of this kind but for a time, and that when she re-acts, her retribution is terrible.

OF THE SEXUAL INSTINCT.

THIS is a condition of health which like the others are too often overlooked, or if thought upon at all, the false delicacy of society forbids its examination. Now, when we reflect that in the streets of London, that modern Babylon and city of Temples, there are not less than from sixty to eighty thousand living by prostitution, and that

the common brothels are as public or nearly so as the gin palaces, and that it is not only carried on upon a large scale there, but also in all our principal commercial and manufacturing towns, we must at once feel satisfied that there is something desperately rotten in this state of things, and most certainly would well repay strict investigation.

From this source of corruption, the amount of disease annually created is shocking to contemplate, and none can form an estimate of the sufferings entailed upon humanity but those who are daily brought in contact with the loathsome malady. My only hope is to do something towards the mitigation of the evil; false ideas of the things which too often most deeply concern us lead to complete neglect, and we see misery daily growing before our eyes and yet fear to touch it lest sentimental prudery should screw up its holy mouth and cry "shame," when, if there be a "shame" anywhere, it is in not thoroughly probing it to the bottom. It is a sad thing to look on and see a curse suffered to remain upon a nation, and at the same time know that to attempt its removal by rational means is to bring down a world's condemnation. It is this which shuts up the mouths of our best speakers, and arrests the pens of our most skilful writers. "Condemnation and the chances of a return are pitted against a world's redemption."

The strong desire existing between the sexes for the enjoyment of sexual intercourse is one of the most delightful sources of happiness possible for the human being to experience, when it is prompted by the instinct of honest feeling, and governed by the purity of love; and this feeling is as natural as every other instinct to which the body is subject. It is the omnipotent and eternal law by which

the generations of men are continued, nor can it ever be possible to mould it to the wishes of men. It is therefore a gross delusion to suppose it controllable by human agency. At a certain age the strong influence of our natures become the ruling passion, and we seek the end as instinctively as we seek to satisfy hunger or thirst; and what earthly power can bid the feeling retire. No, it is nature's decree, and it is neither to be swayed by calculation nor measured by rule. *God's law*, "be fruitful and multiply," is *with us and must be fulfilled*,—but how? Aye, "there's the rub." Where, I ask, is the *provision for this natural and most important truth*. Is it to be found in a society linked together by *caste*, instead of being united by equal advantages? No, no; it can never be found there. Tell me ye who measure love by your riches, is it with you? Is not the very possession of your health made in thousands of instances the source of your own misery, as well as the misery of others.

Ye go abroad upon the world *purchasing or seeking to purchase the gratification of a passion which from the mental imbecility of society* is sold to supply the place of love, thus sacrificing the *holiest of instincts in yourselves*, spreading *dishonour, shame, and disgrace upon the fairer portion of our common nature*, and thus after polluting the pure *stream of nature's loveliest sanctuary*, you return to barter a *broken constitution* with some innocent and uncorrupted daughter of Eve, whom the chances have previously placed beyond your unholy touch. And ye, too, whose labour is the only source from whence the provision for the present and future can alone be obtained: ye sons of toil, what is it that prevents you from enjoying the paradisiacal pleasures freely granted to the human race in the command of nature and of God. *Poverty, igno-*

rance, and vice, this is the sting that robs your *caste*, and throws you too often *upon* the world, mere *bankrupt* both in body and soul. Nor shall we see a brighter shading of the picture by looking to what is called the middle class (caste). With them all consideration, save *money*, must yield. From these sad causes arise the corruptions which make a hell upon earth to hundreds of thousands of human beings; nor can we rationally hope to see a better state of things so long as the question remains unexamined. Let us, however, hope (and while we hope labour to promote the end) that the time will one day arrive when the relation of the sexes shall be better understood, and that society may learn the great truth, viz., *that virtue and happiness are not to be obtained by shrinking from the examination of the question, but by fairly canvassing it until public opinion shall see the truth, and seeing it, dare to grapple with the evil, and give to nature's law a right and honest direction.*

In thus speaking of the sexual instinct, let me hope that parents will endeavour to direct the minds of youth into a right channel, not by obstructing the union of the sexes, but by promoting it. Let young men and women understand that there is no evil connected with matrimony, unless considered in connection with poverty, and where there is prudence and forethought (for which to a certain extent parents are themselves responsible), if united with pure love and affection, poverty is under every consideration the lesser evil, and should give way. I say fearless of contradiction that matrimony, or a union of the sexes, is a very important condition in the economy of health. Nor is it possible in its absence to prevent foul and loathsome disease arising from the enjoyment of unlawful pleasures, and great debility, general disarrangement, and

too often a total ruin of the constitution from secret ones, if the sexes are kept asunder.

And now having, as briefly as possible, run through what we consider the conditions of health, we come in regular order to consider

Part the Second.

DISEASE OF CHILDHOOD.

WE have already observed that the "healthy condition" of the new born infant is determined by the purity of the germ, and the "healthy condition" of the mother, and we shall be content to let all that can be said of the principle of life rest upon this truth, for we do not seek to make a book for the mere purpose of getting money; we have a *higher* and *holier object* in view; we shall therefore be careful not to fill our pages with matter which is valueless to all excepting the *book-maker*. Taking it for granted, then, that "those whom God hath joined together in holy matrimony" are in possession of sound bodies, we presume that like Eve, our first mother, the young wife is near her time when she will have to give birth to her "first-born."

The duty of the father should be to endeavour to make himself acquainted with the simple requirements of the case, and in concert with his wife, see that everything is ready at hand.

The room should be perfectly dry and well ventilated, clean and completely warm. This done, the birth of the child is not of such an alarming nature as is generally supposed, for where there is no malformation, and perfect

health, the only secret lies in keeping the body warm and dry. Raspberry leaf tea, stimulated well with ginger and sweetened, may be given with great advantage, and this, with the aid of an experienced nurse, is all that will be required in ninety nine cases out of every hundred. Nature will do her own work far better without, than with the aid or scientific skill of the man-midwife. In addition to the above tea, a half tea spoonful of cayenne may be added just before the birth commences.

It should be made as follows:—

Of raspberry leaves, an ounce and a half.

Pour a pint and a half of boiling water on the whole; add a table spoonful of powdered ginger; sweeten and take freely during the progress of the pains, and should the birth be stubborn, and the pains tardy, make a second pint and a half, adding a half tea spoonful of cayenne pepper. See that the bowels are not confined; should this be the case, an enema as follows should be thrown into the bowels:

Thin water gruel, twelve ounces.

Composition powder, a tea spoonful, and a table spoonful of sweet oil.

Mix well and sweeten freely with treacle.

This will be found, in connection with the advice already given, sufficient for almost every purpose. "Heat," remember, is "life," and by relieving the bowels of the pressure, and circulating the fluids of the body by the aid of the stimulants recommended, the system expands to each effort made by nature, and the little stranger is ushered into the world safe and sound, leaving the mother uninjured.

And now we turn our attention, seeing all things right so far, to the best means of carrying on the prosperity of both the mother and child; but first let us say a word or two upon an occurrence which is very common under the *skilful management of the scientific man-midwife*. We

mean that of flooding, where nature is suffered to remain unassisted, and the body and mind have been tortured by force and indecent examination, the parts are often impaired, and the body left too languid to call up a reaction.

There is, then, a great loss of blood arising from the want of power to equalise the circulation, which, if suffered to go on unchecked, is almost sure to prove fatal. Where flooding takes place, (which is rarely the case under botanic treatment,) a hot brick wrapped in a cloth wet with vinegar should be immediately applied to the feet, and hot bottles of water to the sides, and a tea made as follows, given in tea cupful doses as fast as possible, until perspiration commences and the flooding ceases:—

Of Burnet herb, an ounce and a half.

Elder flowers, an ounce.

Ginger powder, two tea spoonfuls.

Cayenne, half a tea spoonful.

And cinnamon powder, a tea spoonful.

Pour a full quart of boiling water upon the whole, let it stand, mix well, and sweeten with lump sugar.

The good effect of this will be seen almost immediately; recollect that.

We again say that such a thing as flooding “rarely takes place under the botanic treatment,” but seeing that people are found very often too foolish to take advice, or too negligent to pay attention, we just drop the hint under the hope that it may prove of advantage, and be the means of enabling some “good Samaritan” to come in to the rescue of some poor mother’s life, where she shall have been so unfortunate. And now we suppose the mother to be as comfortable as the circumstances will admit, and the child undergoing the first necessary scene in the order of existence. The water used for washing

should be slightly tepid or milk warm, and the nurse should be careful to see that her nails are neither long nor broken, nor the skin of the hands rough, for the little infant is exceedingly tender and easily injured. As soon as it has been washed clean in the tepid or warm water, a little cold water may be applied to the surface of the whole body, gently with the soft palm of the hand; it should then be wiped dry and loosely dressed in soft cotton or fine flannel, with just a single belly-band tied in front; pins should not be used. It should now be handed to the mother, and the breast given as soon as possible.

Do not stuff its poor little head under the bed clothes; remember the lungs are for the purpose of breathing, and it is necessary the air should be pure. A very prolific source of disease is the want of attention to a few simple rules. It is quite common to stop up the chimney, nail listing round the door, and to exclude both light and air from the window by stopping up every crevice and keeping the curtains down. The injurious effects of this must be evident to all who know anything of the principles of life. Medicine should on no account be given to infants at this early period, or if any be necessary, the mother should be satisfied of its perfect harmlessness. It is too common to begin with giving physic; where this is the case it is no wonder that the poor little creatures are driven out of life almost as soon as they come into it.

It is generally thought that children have a certain number of diseases through which they are bound to pass, and that they are difficult to be understood, and consequently require the skill of some experienced physician. This is a great error. As things stand at present, the mortality of infant life is terrible, since not less than one-

third of the children born into the world (in our manufacturing districts) die before they arrive at the age of eleven months, and one-half before the age of five years. (See note.) It is therefore clear that there is something desperately wrong somewhere; nor do I see how this "slaughter of the innocents" is to be prevented, excepting by mothers becoming acquainted with the conditions of health, and taking charge of their children when ill, instead of implicitly trusting to the doctors; when this is the case, we may expect the mortality to decrease, but not before.

OF EXCORIATIONS OF THE SKIN.

THIS is often a great annoyance in very young children, arising from the extreme tenderness of the skin, and often from the want of proper care. Their clothing should always be of the softest material, and the greatest attention paid to wiping the skin thoroughly dry after washing. Where this is attended to, the mischief will seldom arise. A little soft infant powder sprinkled over the parts affected, and the advice given strictly followed, will soon be effectual in removing it.

OF HICCUPS.

WHEREVER these are found, the mother should examine carefully the condition of herself. They have their origin in many CAUSES. Sometimes it arises from an impurity of the milk; at others from an acidity of the infant's stomach. Whenever the mother suffers from indigestion,

or if she has taken indigestible food or stimulating drink of any kind, the unpleasant symptoms will appear. It will often be found sufficient simply for the mother to alter her mode of living, for so closely connected is the child's health with her's, that she cannot possibly suffer without the infant feeling it. It sometimes happens, however, that the weakness has been inherited from the father, for if he suffers from indigestion of long standing, or other disease, the child will in general be found to suffer also.

The following medicine may be prepared and given with the greatest advantage:—

INFANTS' SOOTHING SYRUP, No. 1.

English rhubarb, cut small, an ounce.

Cinnamon powder, a table spoonful.

Anise seed, two tea spoonfuls.

Boil the whole gently over a slow fire, with the cover on, in a half pint of water, for half an hour; strain and sweeten well with honey. Give from a quarter to half a tea spoonful of this mixture from four to eight or ten times a day, as required, when the symptoms are most troublesome.

This is a harmless, simple, but effective syrup, and will keep in this form for some time if preserved in a cool place. It may be increased in strength, and given in larger doses with advantage, where the bowels are confined in older children also.

OF COLIC, GRIPEs, WIND, OR
FLATULENCY.

CHILDREN are often troubled with *gripes, pains in the bowels, and wind*. The CAUSES of which are irritation and inflammation. It is but another stage of the last

complaint, and may be removed by the same means varied to suit the virulency arising out of the advanced stage. It is generally accompanied with restlessness, crying, hiccups, drawing of the legs up towards the chest, and a purging of greenish matter. It will be necessary to rid the bowels of the irritating matter as soon as possible ; for this purpose give freely of the soothing syrup, No. 1, and a medicine made as follows :—

INFANTS' SOOTHING SYRUP, No. 2.

Spear mint, quarter of an ounce.

Wild mint, half an ounce.

Ladies' mantle, quarter of an ounce.

And half a tea spoonful of ginger powder.

Pour a gill of boiling water upon the whole, mix, sweeten well with lump sugar, let it stand for an hour, strain clear, and give a tea spoonful three or four times during the first hour, gradually diminishing it as the pains subside.

This will generally be found sufficient for the removal of this unpleasant and troublesome complaint. Let the mother, however, bear in mind, that as the child receives its nourishment from her, the stomach sympathises with everything taken by her also. This should cause care and caution in the kind of food taken; never forget that where there is disorder in the mother, there must also be disorder in the child.

OF VOMITING.

THIS is also very common with little infants and should be attended to. When the milk comes off in an unaltered state, or very little changed, it may be expected to arise from an overloading of the child's stomach, or from the

richness of the milk itself. In this case, care should be taken not to give so much at a time. Mothers who have an over supply of milk should never let the infant suck until it gives over of its own accord. She should regulate the supply by considering the quantity the child can digest comfortably. When vomiting arises from an irritable stomach and constipation of the bowels, it will be wise to relieve the bowels at once by gentle laxatives. For that purpose, give of the soothing syrup, No. 1. Prepare also and give a medicine as follows:—

INFANTS' EMETIC SYRUP, No. 1.

Groundsell, half an ounce.

Hyssop, half an ounce.

Rue, half an ounce.

And three tea spoonfuls of cinnamon powder.

Boil the whole in a pint of water for ten minutes, cover on, mix, sweeten well with honey, strain clear, and give a tea spoonful every ten or fifteen minutes until vomiting takes place.

A little soothing syrup, No. 2, may be given after the stomach is cleared. Keep in mind this truth, "The stomach is the centre of sympathies," and if it be disordered the whole body will be disordered also. Therefore, emetics are at all times safe and certain with infants.

OF LOOSENESS OF THE BOWELS.

THIS is frequently brought on by overloading the stomach, or by keeping the child in a close ill ventilated room, want of cleanliness and general attention, cold, &c., or by giving, as is too often the case with some mothers, fat rancid bacon to suck; but whatever the causes may be, the remedy is clear enough. First, give a little of the syrup, No. 1, to relieve

the irritation; after which prepare and give a medicine as follows;—

INFANTS' DIARRHŒA SYRUP, No. 1.

Burnet herb, half an ounce.

Wild mint, quarter of an ounce.

Crane's bill or herb Robert, quarter of an ounce.

Raspberry leaves, quarter of an ounce.

And a tea spoonful of ginger powder.

Boil the whole in three-quarters of a pint of water, mix, sweeten well with lump sugar, strain, and give a tea spoonful six or eight times a day.

If the looseness continues after having given the medicine for two days, give emetic, No. 1, and follow on with the same medicine for another day; and should it show no signs of stopping, prepare and give a medicine as follows:—

INFANT DIARRHŒA SYRUP, No. 2.

Bistort root, one ounce.

Marshmallow root, half an ounce.

Cloves, quarter of an ounce.

Bruise and boil the whole in a pint of water down to half a pint, with the cover on, strain, sweeten well with lump sugar, and give a tea spoonful six or eight times a day.

Keep in mind that the medicines here recommended can do no harm, inasmuch as they cure by removing the causes, whilst in themselves they are as harmless as the mother's milk. Never forget to keep the infant clean, dry, and warm, and give it when its health is returning plenty of nursing in the pure open air.

OF APHTHA, THRUSH, OR FROG.

THIS is also a troublesome complaint in infants. It is a disease which few escape, and yet it is by no means ne-

cessary if proper attention be paid. It is CAUSED by breathing impure air, improper food, &c. In the first stage of the disease it is generally free from fever, but in the latter stages there are a train of bad symptoms, such as fever, hiccup, vomiting, looseness, &c., which, if suffered to go on unchecked, produce dark livid spots, malignant sores, and, finally, death. It may be known by observing the tongue, which is coated with little white pustles; there are sores in the corners of the mouth which passes on to ulcerations spreading inside the cheeks, over the tongue, and sometimes into the gullet and intestines. It is easy to remove if taken in the earlier stage. First, give the soothing syrup, No. 1, at intervals to relieve the bowels. Prepare also a medicine as follows:—

INFANTS' THRUSH MEDICINE.

Blackberry leaves, one ounce.

Yellow dock root, one ounce.

And a quarter of an ounce of ginger root.

Bruise and boil the roots in a pint of water down to three quarters, with the cover on, pour the liquor upon the leaves boiling hot, let it stand until half cold. separate it into two parts, and use one for a wash as follows:—Take a bit of soft washed linen rag, dip it into the decoction, and wash the child's mouth and tongue well four or six times a day. The other part sweeten well with honey, and give a tea spoonful four or six times a day also.

When the disease is far advanced it will be necessary to give the emetic syrup, No. 1, also a gentle tepid or warm bath, after which make a tea of the pennyroyal and wild mint, as follows:—

Pennyroyal, half an ounce.

Wild mint, half an ounce.

Tea spoonful of powdered ginger.

Pour half a pint of boiling water upon the whole, sweeten, and give as freely as possible.

The child should be kept warm, and gentle perspiration promoted; for this purpose put a warm bottle of water to the feet, as well as giving freely of the tea. Perseverance and proper attention is all that is necessary; let this, however, be remembered, like causes beget like effects. Take care then to remove the causes. The bath should never be omitted where there are feverish symptoms: follow it up by promoting gentle perspiration.

OF SORES BEHIND THE EARS.

THESE arise from a vitiated condition of the blood, gross habit of body, want of cleanliness, scorbutus or transmission. They are simply a manifestation of nature seeking to rid the body of an impurity. The following treatment will generally be found sufficient.

Wash the sores clean with a little warm water and scented soap every night and morning. After each time of washing, let it be followed by bathing the parts well for about five minutes in a strong decoction of blackberry leaves, cold; wipe perfectly dry, and apply a little cream and lard, well mixed; after which, double a bit of soft clean cotton rag and place between the ears, relieve the bowels by giving of the syrup, No. 1; after which, prepare and give a medicine as follows:—

INFANTS' ANTI-SCORBUTIC MEDICINE, No. 1.

Composition powder, half a tea spoonful.

Clivers, quarter of an ounce.

Ground ivy, quarter of an ounce.

Burdock seeds, half an ounce.

Yellow dock root, half an ounce.

Well bruise the seeds and roots, gently boil them in a pint and

a half of water down to a pint, with the cover on, then throw the liquid boiling upon the herbs and powder, let it all settle, strain, sweeten well with lump sugar, and give a tea spoonful four or six times a day.

Attend to the bowels, wash the body well every morning in cold water, rub dry, clothe warm, and nurse freely in the fresh air.

More or less of the above medicine may be given according to the age; for a child twelve months old a tea spoonful, six times a day, will be sufficient, and if the bowels are much confined, in addition to the ingredients of which the soothing syrup, No. 1, is composed, add a quarter of an ounce of mountain flax.

OF CONVULSIONS OR FITS.

THESE are very common with children, and are always connected with other forms of disease. The CAUSES are various, such as internal irritation, acidity of the stomach, teething, inflammation, fever, constipation of the bowels, water on the brain, determination of blood to the head, &c., and often from the application of precipitate ointments for the purpose of removing ring worms, sores from behind the ears, and other eruptive diseases. In treating convulsions it will be necessary for us to know the causes from whence they arise: if from acidity of the stomach, give infant's emetic syrup, No. 1, for the purpose of vomiting; give also of soothing syrup, No. 1, to relieve the bowels; after which give as follows:—

INFANTS' CONVULSION SYRUP.

Pellitory of the wall, half an ounce.

Angelica, quarter of an ounce.

Garden sage, quarter of an ounce.

Tea spoonful of Valerian powder.

Tea spoonful of cinnamon.

Boil in a pint of water for ten minutes, mix well, sweeten with treacle, and give (strained clear,) a tea spoonful six or eight times a day.

A warm bath cannot well be dispensed with here, and perspiration should be promoted immediately by giving freely of pennyroyal and raspberry leaf tea. In sudden convulsive attacks, give freely of the cayenne syrup. (See index.) If the convulsions arise from severe constipation of the bowels, make the soothing syrup stronger by adding a quarter of an ounce of mountain flax; give the warm bath here also, and promote perspiration. Give also of the convulsion syrup after the bowels have been relieved. If there be determination of blood to the head, as is very often the case, or water on the brain, in addition to promoting perspiration, giving the warm bath, relieving the bowels, &c., a medicine made as follows should be given:—

INFANTS' EMETIC SYRUP, No. 2.

Lobelia herb, large tea spoonful.

Groundsell, half an ounce, cut small.

And a tea spoonful of cloves, powdered.

Pour a tea cupful of boiling water upon the whole, add a table spoonful of raspberry vinegar, let it settle, strain clear, sweeten well with treacle, and give from half to a tea spoonful every twenty minutes until the stomach is vomited.

This course should be pursued for some time most perseveringly, particularly if there be water upon the brain. An emetic daily, beside promoting perspiration, will be necessary for some time. The strength of the infant must be considered, for if there be but little strength, an emetic every third or fourth day will be sufficient.

OF SCALLED OR SCABBED HEAD.

THIS is very common in infancy, for children's heads are full of numerous blood vessels, and as the blood is thrown with more force there when there is disorder, the least disarrangement in the circulation often manifests itself by breakings out of various kinds. Children's heads should be kept cool, lightly covered, and the hair never suffered to grow too long. It should always be well washed daily with water a little warm, as well as the body, afterwards using a little cold water. The head is sometimes covered in this disease with thick dry brown scabs, from which is discharged a matter of a thin watery kind, so poisonous and penetrating that if any of it fall upon the neck and shoulders it will fret and eat away the skin. It is by no means difficult to remove, if proper attention and the means be applied. The hair should be cut close and the head washed morning and night in warm soap and water clean, after which a wash made as follows may be applied cold:—

Common dock seed, four ounces.

And lobelia seed, half an ounce.

Boil the whole with the cover on in two quarts of water twenty minutes, strain, let it cool, and put it into a stone bottle.

And after washing as recommended above, pour out a half tea cupful, and with a soft cloth gently moisten the head all over for about five minutes, wipe dry, and gently anoint with an ointment made as follows:—

ANTI-SCORBUTIC OINTMENT.

Dock root, cut fine, half an ounce.

Pinus canadensis powder, half an ounce.

Bistort powder, quarter of an ounce.

Lobelia herb, a tea spoonful.

Mutton suet, an ounce.

And lard, four ounces.

Gently simmer the whole over a slow fire for half an hour, put a coarse cloth on the top of a half pint cup, pour the whole, and gently squeeze the ointment through.

Let it cool, and after washing and wiping the head thoroughly dry, rub in a little into the parts affected. Keep the bowels open by giving No. 1 infants' syrup, strengthened, if necessary, with the mountain flax, and give also a medicine prepared and made as follows:—

INFANTS' ANTI-SCORBUTIC MEDICINE, No. 2.

Tea spoonful of anti-scorbutic powder.

Dock seed, one ounce.

Clivers, half an ounce.

Sorrell seed, half an ounce.

Ground ivy, half an ounce.

And a quarter of an ounce of cinnamon powder.

Gently simmer the whole for three quarters of an hour in a pint and a half of water, keep the cover on, strain, and sweeten well with lump sugar.

Give of this mixture a tea spoonful four or six times a day, if the child is twelve months old; if under, rather less, and if older, more, and so on in proportion to the age. Should the stomach require it, give of infants' emetic syrup, No. 1, or No. 2, as most required. No. 1 is best for children very young at the breast; No. 2, if over the twelfth month. Give the warm bath occasionally, and keep up a perspiration after by putting a hot bottle of water to the feet and giving freely of pennyroyal tea. Give the child as much exercise in the open air as possible. Always remember to raise the perspiration immediately after the bath.

OF THE SNUFFLES, OR STOPPAGE IN THE NOSE.

THE nostrils of infants are often stopped up or plugged with a thick accumulation of mucous, the result of cold, irritation, and inflammation. A little lard or fresh butter rubbed in night and morning, or a bit of soft rag applied inside the nose dipped in a little warm milk, a little tea of balm or pennyroyal given to promote gentle perspiration, will generally be found sufficient to remove it. After this has been done for three or four nights, if it continues, give a gentle warm bath, followed up with the tea and a hot bottle of water to the feet. The above treatment will generally remove it in the course of two or three days.

OF SQUINTING.

THIS occurs often in consequence of nurses carrying the children upon one arm, thereby excluding one of the eyes from the light and calling up too great an exertion in the other. Or it is sometimes an hereditary affection. I have seen a father and the whole of the male portion of the family squint with the same eye, while the mother and daughters were perfectly free from it; and I have also seen in other families the mother and daughters affected, and the father and sons free. It is a curious fact that we see in nature, nor can we, with all our philosophy, satisfactorily account for it. If squinting arise from weakness of the eye, a piece of cloth or shade put over the strong eye will call for more use in the weaker one; this, if persevered in, will often remove it. Care should also be

taken not to carry the child always on one arm, but to change the position for a time altogether. If the nerve be contracted and the eye drawn on one side, a little scarlet ribbon formed into a knot and placed upon the shoulder corresponding with the contraction, will be found often sufficient to draw the eye into its place. The other side of the eye should be shaded, so that the more force may be called for in the direction of the weaker part. Success has often attended the above method, and although squinting may exist without producing pain or uneasiness, still it is anything but pleasing, inasmuch as it generally destroys the harmony of the features, and on that account alone, independent of the fact of transmission, it is well for all parents to consider the best means of removing this simple and objectionable blemish.

OF THE CROUP.

THIS is a disease which often proves fatal in a few hours, if not properly treated. Thousands of children are annually carried off by it, and yet it is by no means difficult to cure if taken in time. It is most prevalent in cold wet seasons, and in low marshy districts; and of late it has greatly increased in our larger towns. It is brought on by cold or obstructed perspiration, and generally begins in the night. Damp houses, wet feet and clothes, and sudden changes in the weather are some of the most prevalent causes which give rise to it. It may be known by a peculiar kind of croaking noise connected with the attack, quickness of the pulse, and great difficulty of breathing. The voice is shrill and sharp, the face much flushed from fever; there is a cough arising from the

inflammation of the windpipe, where the disease is seated. Immediately upon discovering the attack, the feet and legs should be put into warm water for six or eight minutes; flannels wrung out in hot water should also be applied to the throat, and whilst this is being done a tea should be preparing as follows:—

INFANTS' CROUP SYRUP.

Wood sage, half an ounce.

Self heal, half an ounce.

Balm, half an ounce.

Powdered ginger, a table spoonful.

And cayenne pepper, a quarter of a tea spoonful.

Boil in a pint of water for ten minutes, mix well, strain, sweeten with lump sugar, and give it in tea spoonful, table spoonful, or half wine glassful doses in bed as fast as possible, according to age.

A hot bottle of water should be placed to the feet; dry warm flannels applied to the neck; and perspiration promoted by giving the above tea, as soon as possible. Should the attack (as is generally the case) take place in the night, when there may be none of the above remedies at hand, although this cannot well be with medical botanists, the bath, flannels, and hot bottle must be applied, and a tea made as follows:—

INFANTS' CAYENNE SYRUP.

Cayenne pepper, a tea spoonful.

Lump sugar, quarter of a pound.

Pour on a half pint of boiling water, let it stand for twenty minutes, strain, and give in the absence of the former a half tea spoonful, tea spoonful, or table spoonful, as fast as possible; or if given with the other or between it, it will be of great benefit, and, if it be possible, the throat should be gargled with it.

I have succeeded in obtaining a passage for the breath with this, after every other thing had failed.

In the absence of cayenne, treble the quantity of white pepper may be used, or even ginger: in this case, two table spoonfuls of the powdered ginger in a half pint of boiling water, well sweetened and strained will not be too much. As soon as perspiration commences, and breathing begins to be a little free, give infants' emetic syrup, No. 2, a tea spoonful every fifteen minutes until vomiting takes place. Persevere, and success will crown your exertions; the great object is to bring about perspiration. This must be done by some means; hence I have given the several remedies, for in this case there is no time to spare for trifling; it is a work that must be done quickly. A little tincture of cayenne may be rubbed into the neck before putting on the flannel; it may be made as follows:—

TINCTURE OF CAYENNE.

Cayenne pepper, a large tea spoonful.

Two tea spoonfuls of common salt.

And a tea cupful of boiling vinegar, mixed.

Let it stand until cold, strain carefully off, or for immediate use strain through a cloth.

It will be well, immediately that this is done, to look to the condition of the bowels; No. 1 infants' syrup, with the addition of the mountain flax, may be given until they are relieved. Avoid taking cold after. The above treatment rarely fails to remove this disease, if it be perseveringly followed out; but where parents either through ignorance, neglect, or fear, only partially do their duty, and stick fast in the middle, listening to the croaking of foolish neighbours and ignorant old women, they have no right to expect success. Once again, be careful after the disease is removed to keep the child within doors for a few days, for if it take cold and a relapse follows, the

danger is increased a hundred fold, and the chances of recovery doubtful.

OF RICKETS.

THIS is generally found to exist in children between the age of nine months, and three and four years. There is a protrusion of the breast bone, flabbiness of the flesh and a distortion of the spine, the countenance is pale, the cheeks sallow, with cough, debility, swelling of the bowels, difficulty of breathing, and a disinclination to motion. Mothers of weak constitutions, confined within doors either through choice, debility, or labour, when suffering from dyspepsia or indigestion, disease of the liver, or from consumptive habit of body, cannot possibly give birth to healthy children, nor have they strength or nourishment sufficient to bring them up after birth.

With bodies thus naturally delicate and diseased, children are too often born into the world, and as we observed when speaking of the "Conditions of Health," too often doomed to breathe out a vitiated existence under the circumstances that gave rise to it. Such can never hope, when this is the case, to enjoy the delights of vigorous existence. Over causes of this kind the philanthropist must mourn what, alas! is beyond his power to remedy.

Medicine can do but little good for ricketty children without a return to nature. Good nursing, change of air, cleanliness, exercise, and attention are the great requisites in all cases of this kind. We remember once when delivering a course of lectures in one of our principal manufacturing towns, being asked to visit the family of a tradesman, we went and found a sickly delicate mother and

three little rickety children. We candidly told the husband that medicine could do but little good, but that fresh air, exercise, and a higher regimen might do much for all. We sent a little of our infants' syrups, advised him to take a residence somewhere distant from the town upon the top or by the side of a hill. We well remember the look of the man when we told him of the inutility of physic, for, like the generality of the shopkeeping class, he had more faith in *physic than in nature*. His poor wife, too, looked daggers at her husband for condescending to bring home a man to visit her who could have the assurance to say that she and her children were almost beyond the reach of physic. "What must be done then, sir," said the man. "Seek first a change of habitation," was my reply; "give a little of the simple medicine that I shall send, and DIP THE THREE INTO COLD WATER HEAD OVER EARS EVERY MORNING, wipe them dry, dress warm, send them out into the fresh air, let their food be simply bread and milk, tapioca, arrow root, oatmeal porridge, &c.; their drink, milk and water; and above all, give them this only when they ask for food or are hungry." "Oh! dear me," said the poor delicate mother, "then the dear little things must die, for they never ask for anything." I turned to the husband, and said, "Sir, you have asked my advice, I have given it to you freely, and now, if you have any faith in nature, examine the conditions upon which health rests, and see if you cannot carry them out in future. I lecture again next week upon the 'Disease of Childhood;' attend, if you can, for we shall say more upon the subject upon that occasion." The next week he came; we saw him, and directed our arguments to his case, produced conviction upon his mind. He went home and prevailed with the wife, and soon commenced the work.

He took a little cottage in a healthy part of the town, just outside, settled down and began by dipping them all three and following out my advice. The result was that the three children soon began to improve; he continued to follow it out, and the whole of them were restored to health. A twelvemonth after I lectured again in the same town, and the very first night the same man came upon the platform, shook me heartily by the hand, and said, "God bless you, sir; the people of this town owe you much, and I, as one among the number, return you my sincere thanks for your advice given to me when you were here last; I followed it to the letter, and my children are now in the enjoyment of health." I went by his request next morning and took breakfast with him, when even the delicate mother laughed (as she said) at her own ignorance, and at the horror she felt at the cruel treatment to which I recommended her children.

In so far as medicine is concerned in cases of this kind, just let me say, if the bowels are confined give infants' syrup, No. 1; if loose or relaxed, give the diarrhæa syrup, No. 1 or No. 2. Should there be a cough or tightness upon the chest, give a tea spoonful of the following syrup, or less or more, six or eight times a day, as the case may require:—

White pond lily root, half an ounce.

Comfrey root, half an ounce.

Ginger root, half an ounce.

Onion, an ounce.

Sweet fennel seed, quarter of an ounce.

And two ounces of the best raisins.

Bruise and boil the whole in a pint of water down to a half pint, with the cover on, strain, sweeten well with honey, and add a half wine glassful of the best raspberry vinegar. If necessary, give emetic No 2.

And now let me say to fathers and mothers, that the plain simple recommendations and medicines here given, if attended to, will do more to restore ricketty and delicate children to health, than all the drugs in the apothecaries' shops. In fact, medicine is only to assist nature, not to supersede her. *Look to it parents.*

OF RING WORM.

THIS is an eruption of the skin, generally appearing in circular patches about the head, neck, face, and shoulders. They are of a reddish colour, studded with little minute pimples or blisters, which break and renew themselves continually. They require some attention, for if neglected they spread until all the upper part of the body becomes affected. I have seen nearly the whole of the scarf skin covering the head and shoulders eaten away by it. This disease, as well as the scalled or scabbed head, and worms, forms a most prolific field for imposition. I would advise parents by all means to avoid the use of poisons, for while they certainly do in many instances kill the disease, they most certainly, by forcing it in upon the body, very often kill the child also. There is no necessity for employing poisons at all either externally or internally.

The treatment should be the same as that recommended FOR SCABBED OR SCALLED HEAD, (see Index), with the addition of the vapour bath, if the child be old enough; if not, the warm bath may be made to answer, by taking care to promote perspiration after. The vapour bath is certainly the most effectual in all cases of cutaneous or skin disease. I advise it to be taken twice or three times a week at night, just before going to bed, as follows:—

Make a brick red hot, put it standing on one end into a pan of boiling water sufficient to cover the half of it. The top of the pan should have a board fitted with large circular holes in it as thick as they can well be put in, about three quarters of an inch round. My reason for recommending this cover is to prevent the chance of scalding, for I have known people inexperienced in the use of the bath, scald those to whom they gave it. Supposing then the pan to be thus prepared, and the brick red hot, proceed as follows:—Get a chair without a bottom, with some strong straps of listing or leather nailed across; this done, try the pan in order that you may find it go in and out from behind the chair easy. Now sit your patient in the chair with the feet resting on a stool (with large holes in it also); take a large blanket and cover the body all over, taking care to keep the blanket free from pressure upon the shoulders, and thus being all ready, pour your water into the pan; now take the red hot brick from the fire and stand on its end in the water just behind the chair; this done (be as quick as possible) lift up the blanket behind and put the pan under; pull it all tight around the bottom of the chair to prevent the escape of the steam; in about ten minutes slip the pan out and pour more boiling water in, first sufficient to cover the brick all over; put it back again, and keep up the steam for about ten minutes more. Give freely of hot composition tea while in the bath, made as follows:—

Put a large tea spoonful of composition powder into half a pint of boiling water, with about a third part of new milk, sweeten well with treacle, let the powder settle, and give the liquid to drink.

Now slip the blanket off, wipe the body well down in equal parts of cold vinegar and water; rub dry with a coarse cloth, put to bed, and give freely of the composition tea,

or pennyroyal, balm, wood sage, or yarrow, with some composition in it. The object is to keep up the circulation in order that the impurity of the blood may be carried away by perspiration.

The plan now laid down will answer every purpose, either for man, woman, or child; the only necessary thing to keep in view is not to scald the patients nor frighten them; and if the child be young and very timid, the father or mother should go into the bath holding the child in their lap; take care to let it have a free passage for the air by so arranging the covering that the mouth may not be prevented from throwing off the consumed air, and from receiving again a fresh supply. If the patches or ringworms be damped down morning and night with a little of the tincture of cayenne, as recommended for the croup, (see Index) it will be well.

The mode of treatment here recommended not only removes the ringworms, which is the effect, but the bad condition of the body is also changed to that of purity and health. The advantages of the vapour bath in the botanic practice must by no means be overlooked, for it will be found in connection with emetics to be the safest and most effectual method of ridding the body of its morbidity or disease ever introduced into the practice of physic; and the botanic practitioner will find it safe and certain. In fact all acute or sudden attacks of disease may be thus treated, and in chronic or disease of long standing, where the body is not too far reduced, it will be found a valuable remedy.

The practice of baths in the treating of disease is of very ancient date, but having gone out of use was again revived with improvements by Samuel Thomson, of America, some sixty years since; he called it, in connection with

the emetic and enema, THE COURSE, and it is now employed universally with certain modifications by all his followers. The THOMSONIAN COURSE, which is purely Samuel Thomson's own idea, simply consists of an ENEMA OR INJECTION for the purpose of relieving the bowels of the MORBID MATTER; the VAPOUR BATH for the purpose of promoting the circulation and throwing off the DISEASE by the SKIN; and the LOBELIA EMETIC for the purpose of ridding the STOMACH and system of all IMPURITIES. IT MUST BE SELF-EVIDENT to all who can reflect that if the POISON, OBSTRUCTION or morbid MATTER be REMOVED, there can be nothing left to retard the PATIENT'S RECOVERY; and however much some men may attempt to sneer down this simple practice, being based upon plain truth and common sense, it will ever stand the test of opposition and examination. *Injections* are not always necessary nor are *vapour baths* or *emetics*. This must be regulated by the circumstances governing the condition and progress of the disease, strength of the patient, &c., &c.

As often as we may have to speak of the vapour bath in the progress of this work, the reader should refer to the present page; and to all fathers and mothers and medical botanists I would say, prepare the cover for your pan, and make your little stool for the feet, and have it always at hand in a safe place. To those who have the means of purchasing the *domestic vapour bath*, the advice will not be needed; but the *poor*, it is for these that I now write. Always remember then that where the bath is to be given the plan here laid down is to be followed.

OF TEETHING OR DENTITION.

Dr. Coffin has very truly said, that this is no disease, but a "natural operation." He was right, it is so; and it is also certain that the teeth of healthy children are cut without danger, and with very little pain, and all that need be said upon the subject is simply to remind parents of the necessity of looking to the condition of the child's body. It is a most prolific field for medical imposture, for of all the follies connected with the practice of physic, that of lancing or cutting the soft and tender gums of infants is the greatest; how ridiculous to suppose that nature forces the teeth through the bone of the jaw, and that she cannot force them through the soft flesh of the gum, without the surgeon first making an opening with the lancet. We say look to the conditions upon which the health of the child rests; give it proper food, pure air, and keep it clean and warm; a good healthy breast and attention to these simple rules is by far the best lancet: do not stuff the child with hot tea, coffee, and with every delicious and fat morsel that happens to be brought to the table.

I venture to say that where plain simple common sense is employed, and the child properly managed, that the teeth will be cut as easily as the nails upon the hands and feet. It is perfectly true that children suffer during the cutting of the teeth, but this is the result of disease, and if there were no teeth to cut, the child would be ill just the same.

What is the matter with the child? asks some kind neighbour of the ignorant mother. Oh, it is cutting its teeth; and with this all parties appear satisfied: cutting

the teeth is made a plea with many parents for negligence, and the child's life is sacrificed under the notion that cutting the teeth is a very dangerous complaint. Now, then, to you fathers and mothers, let me ask "what is the matter with the child?" Is it troubled with *LOOSENESS of the BOWELS*?—treat the child for it (See pages 33-4). Is it troubled with *CONVULSIONS* or *FITS*?—treat it accordingly (See page 37). Is it troubled with *COLIC*, *GRIPES*, *VOMITING*, flatulency, or wind?—treat it for the same (See page 31). Are the gums inflamed?—give emetic No 2; keep warm, and gently rub the gums with No. 6, or the cayenne syrup; and ever bear in mind that the stomach is generally the first organ to become affected, and that by attending to to it, this, as well as other distressing complaints, may be prevented. See then that the conditions of health be minded, and where there is disarrangement, use the simple means here recommended. Keep the lancet and druggist's shop from the child's mouth, and the teeth will come right enough in their own good time.

OF WATER IN THE HEAD. HYDROCEPHALUS.

WE have already spoken of water in the brain in page 38 in connection with *convulsions* or *fits*. There are many CAUSES for this disease. It may be induced by falls, concussions, general weakness of the brain, relaxed condition of the body, excrescences within the skull, watery state of the blood, colds, &c.

It generally attacks children between the ages of eighteen months and four and five years, and may be known by the motion which the child makes with one or both

hands, pain in the crown of the head, or over the eyes, sickness, dullness, general heaviness, and irregularity of the pulse. The skin is generally flushed, and the child is often delirious and convulsed.

It is generally considered an incurable disease, and so indeed it is in many cases ; having, however, removed it myself in several instances, and seen it removed also by many of our most simple botanic practitioners, I am induced to say to all parents whose children may be thus afflicted, take courage, persevere, and the chances are four to one in your favour.

The moment this disease is suspected to exist, active treatment must be at once resorted to. We have in pages 48-51 already spoken of the advantages of the *vapour bath*, and of THE COURSE, and now we begin to arrive at a stage in the treatment of disease, where it will be found absolutely necessary to pursue it. Before we commence, however, it will be well to consider the age of the child ; if under two years, the lower portion of the body may be immersed in warm water as far as the naval, for about five minutes. It should then be taken out of the bath, and a soft night cap made wet with cold vinegar and water drawn over the head ; a hot brick should be got ready, and as soon as the child is wiped dry from the bath, it should be wrapped in a cloth wet with vinegar, and put to the feet in bed ; a strong tea should now be made as follows :—

Pennyroyal, half an ounce.
 Meadow sweet, half an ounce.
 Pellitory of the wall, half an ounce.
 Raspberry leaves, half an ounce.
 A tea spoonful of cinnamon powder.
 And a tea spoonful of ginger powder.

Boil in a pint of water for fifteen minutes, strain off rather more

than one half, sweeten with lump sugar, and give as freely as possible until perspiration commences.

Now remove the nightcap, and make another wet in the same manner, and put on cold again. This done, take the other half of the tea, mix a tea spoonful of the lobelia herb with it, and half a tea spoonful of composition powder, sweeten this part well with treacle, and throw, if the child be under two years old, about four ounces of this into the bowels as an enema or clyster; strain it clear first: give at the same time a sufficiency of infants' emetic syrup, No. 2, (See page 38), to produce vomiting. Sometimes the enema acts upon the stomach as an emetic; in this case the emetic syrup may be dispensed with. The object of the treatment here recommended is to draw the fluids from the head, and there is nothing so effectual as the enema for doing this and removing the pressure from the brain. Where the child is old enough, the vapour bath should on no account be dispensed with. I have already recommended the father or mother to take the bath with the child on their lap: this is decidedly the safest plan, but where parents are timid and the child very young the warm bath may be made to answer as recommended above, if the injection or enema be administered, and vomiting and perspiration produced. The tea should be given daily for some time in smaller quantities, and half a tea spoonful of the infants' emetic syrup, No. 2, six and eight times a day in a tea spoonful of the tea. The head should also be washed in cold vinegar and water every morning, and the body gently damped all over with the same liquid and wiped perfectly dry. This treatment should be gradually diminished as the disease leaves, after which fresh air and exercise should be freely given. Let it be remembered that the treatment must be regulated according to

the age of the child; and here we observe, in conclusion, that confidence in the remedies pointed out, and determined perseverance, are the certain precursors to success.

Should the bowels have been in a very confined state, a tea spoonful of sweet oil might be added to the ingredients of which the enema is composed. It is sometimes necessary to give an emetic daily, to pass the child through several *courses*, and to apply the vinegar cloth or nightcap to the head also. This, however, must be determined according to the child's strength. *Nothing but active treatment can be depended upon in this disease.*

OF WORMS.

CHILDREN are often troubled with worms, of which there are three kinds, the TÆNIA or tape-worm; ASCARIDES or small "seat worm"; and the TERES, or "round worm." They are never the cause of disease, but simply the effect of a bad condition of body. There is nothing more tedious or troublesome to parents whose children are thus afflicted, which, despite their continual efforts to remove them, still infest the body. Nor is there any field where quackery finds so prolific a harvest as this; and that simply because the generality of parents look only to the effect, instead of seeking to remove the cause. Every body-tinker, from the noisy market quack doctor to the fashionable M.D. and F.R.C.S., is supposed to possess some secret nostrum for the destruction of worms; and it is truly pitiful to see the gross ignorance existing among all classes upon this simple subject. It is said by some over-wise people that worms exist in all children, more or less, and that if not suffered to go too far there is not so much harm in them.

This is truly absurd, for worms are not found in perfectly healthy bodies; they cannot thrive unless upon disease. Where there is a want of fresh air, proper food, and cleanliness, the bodies of children consequently become relaxed and debilitated, and there the worms will be found most abundant. Sometimes, it is true, with the greatest care parents can possibly bestow, they cannot be altogether prevented; but this is always connected with deficiency of natural stimula or vital power, hence the bowels become surcharged with thick slimy mucous in which the worms are imbedded; nor can all the quack vermifuges or medicines in the world remove them, without removing the bad state or condition of the body out of which they are engendered. Neither mercury, jalap, tin filings, spirits of turpentine, nor any other poison, can do more than dislodge them for a time; and in administering poisons of this kind there is always danger to be apprehended, and should be carefully avoided by all parents if they wish well to their children. The first thing to be considered in the removal of worms is the condition of the body. Where you observe sudden startings in the sleep, grinding of the teeth, itching and scratching of the seat, rubbing and picking the nose, paleness of the features, hardness of the belly, griping pains, and tainted breath, you may make sure that the digestive organs are greatly disarranged, and that worms of one kind or other infest the child. Whatever will best restore the healthy tone of the system will be found the most proper treatment in this case, for worms must have something to exist upon, or they cannot live. Take away the cause, then, and the effect will cease. Give the following as an enema to a child five years of age, increasing or decreasing it as required for older and younger children:—

Wormwood, half an ounce.
 Powdered myrrh, a tea spoonful.
 Lobelia herb, half a tea spoonful.
 Extract of butternut, a piece as large as a walnut.
 A tea spoonful of composition powder.
 And a table spoonful of salt.

Pour a full pint of boiling water upon the whole, let it stand, mix well, strain, sweeten with treacle, divide into four parts, and inject one part into the bowels every other night, about milk warm.

Make also the following medicine for the stomach:—

Rue, half an ounce.
 Extract of butternut, half an ounce.
 Bayberry powder, quarter of an ounce.
 Gum myrrh powder, a large tea spoonful.
 A tea spoonful of composition.

Pour three quarters of a pint of boiling water upon the whole, mix well, let it settle, strain, sweeten with lump sugar, and give a dessert or small table spoonful four times a day; and every other night, at bed time, give from half to a wine glassful also of the infants' soothing syrup, No. 1, (see page 31); strengthened by adding a quarter of an ounce of mountain flax, a wine glassful every third night, or less or more according to age.

It often happens that the injection produces vomiting, in that case all the better; should it not have this effect, vomiting may be promoted by giving freely of composition tea; a tea spoonful may be put into a gill or half pint of boiling water; sweeten well, and give freely in bed, after which add half a tea spoonful of the lobelia herb to a little of the composition tea, and give it; keep up the perspiration to the surface of the skin, and give more of the lobelia and composition tea, if necessary, until vomiting takes place.

It will be well to give composition tea before giving the enema. Now let us ask what object we have in view in thus treating children for worms? We reply, the very

fact of worms infesting the body is proof positive that the system is in a diseased state; and wherever this is the case, there is loss of vital heat. The theory upon which the botanic system rests is this,—*Heat is the principle of life, and, that heat can only be sustained by a pure and healthy circulation; where there is disease, there is a loss in the balance, and in order to restore the body to health, it is first necessary to restore or equalize the circulation, upon which the health depends.* It is therefore clear that so long as the stomach and bowels are in an unhealthy state, there can be no chance for a restoration; whatever will best rid the poisonous or morbid matter from the system will most certainly effect the restoration. The first object then of the skilful physician should be to remove obstruction. DISEASE IS NOTHING MORE THAN OBSTRUCTION; this done, all will go well; and here let me say to you fathers and mothers, whose lot is cast in the humbler walks of life, that it is neither the dress, carriage, position, or equipage, which makes the doctor, but simply the knowledge *how to cure disease, and the courage to do it;* and those who can best accomplish this, whether they be *man or woman, rich or poor, Jew or Turk, infidel or christian, savage or civilized,* are the doctors, and those who cannot are quacks, no matter if educated in a college for the express study of the profession or not. A word or two more, and we shall pass this chapter. We have already laid down the active or positive treatment, which will be sufficient in most cases to dislodge the worms. It is sometimes necessary to give several enemas, but not often necessary to give more than two or three emetics, and those should be given about a week apart from each other. Remember to give freely of composition tea, so as to keep the determining powers to the surface; wipe the

body down well every morning in equal parts of cold water and vinegar, rub dry with a coarse cloth, and send the children into the open air. See that the room in which they sleep is properly ventilated, and the food plain and wholesome. Perseverance in this course for a little time will fully restore the healthy tone of the system; this done, the worms will no longer be found. After the active treatment is over, give a little composition and stomach bitters mixed in equal parts, daily, gradually diminishing it.

OF INFLAMMATION OF THE EYES.

WE HAVE often felt grieved to see so many children suffering from this complaint. It is a serious disease, and generally results from the want of knowledge in the treatment of the several maladies to which children are liable. We too often meet with cases of this kind after small pox, measles, chicken pox, scarlatina; &c. Some residue of the virus is left in the body, which settles in the eyes, in consequence of which the vessels become congested with the diseased matter. Inflammation produces suppuration; the vessels thus surcharged break into each other, producing the unsightly appearance and painful discharge, often destroying the whole of the eye lashes, and sometimes the sight altogether. If fathers and mothers only knew a little of the botanic treatment, nine cases out of every ten of this kind might be prevented. How many do we meet with who even at maturity carry the evil effects of this maternal ignorance about with them.

There are many CAUSES for this complaint. Sometimes it is the result of transmission, of scrofula, and venereal

infection; sometimes of cold neglected, of fever, &c., but whatever the CAUSES may be, the TREATMENT must be of the kind best suited to bring about the regular action of the body. The blood must be purified and circulated in its purified condition through the system, proportionably with the patient's strength. Emetics and vapour baths must be applied at least once a week, and such medicines given as will best restore the general loss occasioned by the extra action of the circulation. We have had numberless cases of this kind under treatment, and in no instance where it has been followed out have we failed to remove it. The following may be made, and used as a lotion :—

Marshmallow roots, one ounce.

Blackberry leaves, half an ounce.

And as much cayenne as will stand upon a sixpence.

Cut the roots thin, boil them in a pint and a half of soft spring water, with the cover on, down to a pint, add the leaves and cayenne now, and boil for five minutes more, strain through a fine cloth, and wash the eyes with it well four or six times a day, cold. Throw a little of it each time of washing into a tea cup, and use a bit of soft cotton rag.

Give a vapour bath once a week as follows, with an emetic when in bed, (see article on worms, page 58); first, the vapour bath medicated in this way :—

A large handful of common docks.

A handful of yarrow.

And a handful of rhubarb leaves.

Boil in a gallon of water for twenty minutes, throw the whole into your pan, put in your red hot brick and steam the body well for about twenty-five minutes.

Give freely of the composition tea while in the bath, and wash the eyes with the lotion, wash down well with vinegar and water, now wipe dry, put to bed, and give

freely of the composition tea, followed with the emetic; put the hot brick to the feet so as to keep up the perspiration. The eyes may be gently anointed every night the last thing, after washing, with the antiscorbutic ointment. (See index.) Prepare and give the following medicine:—

ANTISCORBUTIC MEDICINE, No. 3.

An ounce and a half of English rhubarb root.

Mountain flax, a quarter of an ounce.

Yellow dock root, half an ounce.

Burdock root, an ounce.

Two tea spoonfuls of the antiscorbutic powder.

And half an ounce of clivers.

Cut the roots fine, boil them in a quart of water, with the cover on, down to three pints; add the herbs and powder and boil for ten minutes more, strain, and add an ounce of spanish juice, and half an ounce of extract of sarsaparilla. Take of this mixture from four or six dessert spoonfuls to four or six wine glassfuls, according to age, daily.

The bowels should be acted upon from two to three times daily. This will not fail to cure, if persevered in.

OF SMALL POX.

THIS disease has been truly called “the scourge of the human race,” and is supposed by some to have had an existence in all civilized countries from time immemorial; be that as it may, our purpose is not to write a history, but to teach parents the way to prevent, as well as to cure it, or if not to entirely prevent it, at least to reduce it to comparative harmlessness. Now, be it understood, that in thus speaking we refer only to those who know the conditions of health and attend to them. To those who do

not, it must still remain a "scourge." Dr. Samuel Thomson calls it the "highest state of canker and putrefaction which the human body is capable of receiving;" and Dr. Coffin in his "Guide to Health" confirms this idea by saying "it is the highest state of canker or putridity to which humanity is subject." Taking this for granted, then, let us ask where the causes lie out of which this "putridity" is engendered. There is nothing like experience to give one knowledge, and all persons know that children of a gross habit of body are more liable to *severe attacks* than those of a more spare condition; and this being the case, we are led to conclude that the reason why there is a stronger development of the disease in gross or fat children arises from the fact of a predisposition existing in the body to receive the contagious influence from whatever cause that influence may arise. This fact, with what we know of the laws of affinity or attraction and repulsion is in itself sufficient to convince every parent that by attending to the general health of their children, and giving them such food only as they require, which is the most simple, nutritious, and easy of digestion; and by keeping butter, animal food, and all such substances from them as necessarily engender the habit of body which becomes the predisposing cause, is the only safe method of rendering the attack harmless. We will not here enter a protest against the generally acknowledged benefits of vaccination and inoculation, although the faculty in numbers of instances already say the former must be given up entirely, but this much I dare to tell the world, that at best it serves only to develop the disease before the complete state of putridity has fairly established itself, and that although the returns of deaths after the introduction of inoculation greatly decreased, still other forms

of disease proved more fatal, and the number of deaths remained pretty equally balanced. The fact of one half or even more of the children born into the world in our large manufacturing districts dying before they reach the age of five years, is proof that society has much to learn upon the subject. It would certainly appear like presumption on my part to *offer an* OPINION AGAINST *the* LEARNING and PHILOSOPHY *of the* AGE, *but we really do feel justified in saying that parents who make the conditions of health their study, have much less to fear from the errors of nature than the artificial remedies of men.* We beg pardon of all the learned corporations and colleges, for we well know that they can afford to allow a plain man to have his say. Let us, however, observe, that we presume not to teach the utter inutility of inoculation; on the contrary, we say if the same general ignorance regarding life and health are to be continued; if bad ventilation, ill constructed habitations, miserably arranged streets, bad drainage, impure water, with excessive and continuous labour in the overheated impure atmosphere of factories, and the ten thousand evils which ever attend the footsteps of ignorance, both of rich and poor, are to remain unmitigated, why then, we say, inoculate, vaccinate, or do anything to counteract the retribution which the violations of nature's eternal laws must ever bring down upon us. But to those who deeply read her laws, they will be found resting upon perfect harmony and truth, full of beauty and perfection. Nor is there a disease to which the body is liable or a single pain but what conveys a lesson fraught with utility and instruction.

Nosologists distinguish the disease by two kinds: the one they call DISTINCT, the other CONFLUENT. In the former, the eruptions are single and separated; in the

latter or confluent, they run into each other; this latter is the most dangerous, arising from the fact of the greater degree of putrid virulence in the body. The symptoms are so well known that few with any experience can possibly mistake it. There is a dull, listless, and drowsy appearance, with loss of appetite and great weariness, sometimes for three or four days before the pox begins to present itself. The pulse is quick, with chilliness, succeeded by fever. At first the eruptions present the appearance of flea bites on the face, arms, and breast; there is redness in the eyes, pains in the limbs, and sometimes faintings and vomiting. From the appearance of the pustules, generally about the fourth day to that of the eleventh, they pass through different stages, first, filling gradually with a whitish matter, which changes as it advances to a yellowish cast. In the most virulent cases they turn brown, with little black spots in the middle. This is an unfavourable sign, particularly if the tongue be covered with a thick brown crust, and cold shiverings and grinding of the teeth supervene. The mode of treatment should be as follows:—the patient should be put into a clean warm bed, and the room properly ventilated. Cradles should not be used because they obstruct a free passage of pure air. The bedding should be changed every day, and care taken to see that it is clean; if dried in the open air, all the better. With these things fixed in the mind, commence by

Pouring a pint of boiling water upon

Vervain, one ounce.

And composition powder, a tea spoonful.

Mix well, let it stand twenty minutes, strain, sweeten, and give about six table spoonsful an hour for the first four hours.

The object here is to raise a gentle moisture upon the

skin, which must be slightly kept up by continuing the medicine. The point to be considered is how to throw out the pox without reducing the strength of the patient. It will be evident, as soon as the moisture appears, that nature is working favourably. Be careful not to use violent means by giving too powerful stimulants, because there is a work to be done, and the body must not be exhausted. Attend to the bowels by giving a little of the infants' soothing syrup, No. 1, strengthened with the mountain flax, if necessary. Care must also be taken here not to relax the bowels too much. Give a little pennyroyal and meadow sweet tea daily between the vervain, or if the vervain be laid on one side for a day or so it will not be amiss. Gentle moisture upon the surface, recollect. In cases where the parents have neglected this treatment, and where the vital power is too weak to throw the eruptions out, a hot bottle of water should be applied to the feet, or a hot brick wrapped in a cloth wet with vinegar, and two tea spoonsful of composition put to the vervain tea instead of one, and given freely. Nature must now be roused up to her work in order that the putrid matter may be brought to the surface through the circulation of the blood.

In about eight days after the eruptions appear, when they have passed through the stages, nature will have done her work of purification. It will now be well to give an emetic (See page 38) of infants' emetic syrup, No. 2, and after the stomach is vomited, the following may be given :—

Clivers, half an ounce.

Hemp agrimony, quarter of an ounce.

Summer savory, quarter of an ounce.

And as much antiscorbutic powder as will stand upon a shilling.

Pour three quarters of a pint of boiling water upon the whole, mix well, strain, sweeten with honey, and give a table spoonful four or six times a day.

Should it so happen that the medicine given to relieve the bowels produce more than two stools a day, reduce the quantity; or if they are too stubborn to be moved by the medicine recommended, it will be well to give an enema daily, as follows:—

Six ounces of thin water gruel well sweetened with treacle, to which add half a tea spoonful of composition and a tea spoonful of sweet oil, let the powder settle to the bottom or strain clear before throwing it into the bowels.

And now with the falling off of the eruptions, it will be well to wash the body gently down in equal parts of vinegar and water a little warm, wipe dry, and give a little of the meadow sweet and pennyroyal tea throughout the day. Never forget the changing of the bed linen, for there is nothing so beneficial as this, and always remember to have it thoroughly clean and dry. In the early stages of the disease, or at any time when there is a great thirst, lemonade, toast and water or barley water acidulated with a little raspberry vinegar, may be given to drink; and if at any time during the progressive stages there should arise, as is often the case, from the filling of the pustules or scabs, severe itching, a steam or vapour bath should be applied in bed. This is easily done by raising the bed clothes above the body and keeping them in that position. We generally, in such cases, cover the body with a piece of wicker or basket work made for the purpose, over which we place the bed clothes, when we insert at the bottom of the bed a small pan of water and vinegar, with a stone or piece of red-hot brick in it; a quart of liquid is sufficient here. This removes the itching by softening the skin and

drawing off the poisonous matter, and is one of the best methods that can be adopted for relieving it. A few words more upon the subject of active measures. We have said where the treatment laid down has been neglected in the early stages, that a hot bottle of water or hot brick should be applied to the feet, and the vervain tea and composition increased in the strength given. This is for the purpose of arousing the vital powers. The putrid matter has been suffered to continue unaided in the body, and if we wish to serve the sufferer we must employ the means.

Once again, in conclusion, let us say, follow the advice given to the letter; above all things attend to the skin and bowels. This, with attention to cleanliness, will prevent the disease from leaving any of the virus behind; it will also prevent the pitting, arising from the severe itching and scratching: consider well, act with a determination to effect your object, and there will be no doubt of a favourable result.

OF THE COW POX, OR VACCINATION.

THE origin of this disease is both curious and interesting, and would of itself be sufficient to fill one book, if the prejudices, persecution, superstition, and opposition connected with it were fully recorded; but we must not trust ourselves to dwell here upon this matter, our purpose being only to speak of its pathology and cure.

It is an eruptive disease, but of a much milder form than the small pox, although the symptoms are sometimes nearly as severe, and bear a striking resemblance to it, so much so, that the most observant of the faculty

often mistake it. The pustules generally fall off earlier, nor do they pit the skin in the same manner.

There are, no doubt, (in the present general state of medical knowledge) some advantages connected with vaccination, and most certainly many disadvantages. In the first place, it is acknowledged by many of the faculty to be uncertain, and that on that account, it is said by them, its days are numbered ; but for our parts we are satisfied of its disadvantages from other causes, for we have seen the very worst forms of scrofula and venereal transmitted with the vaccine virus, aye, and have seen it again transmitted to the next generation, as well by this process as by inoculation, and on this account we object to it, as well as for its uncertainty.

The treatment in this disease is similar in every respect to the last, and the same kind of treatment will answer every purpose ; keep up a gentle perspiration to the surface, attend to the bowels, and give a gentle emetic or two. If there be fever, restlessness and itching : give the bath in the same way as recommended for the small pox. The milder mode of treatment answers here also ; remember the changing of the bed clothes, proper ventilation and cleanliness ; where this is attended to there will be no danger.

OF CHICKEN POX.

THIS is by no means a dangerous disease, although it is one common to children. It is generally preceded by slight fever, similar to that of small pox and cow pox, and the eruptions make their appearance about the third day in small dark colored inflamed spots, about the breast and

back ; a small vesicle or pimple rises in the centre, with a whiteish transparent covering : about the second day after the eruption, the spots appear like small bladders, filled with a thin fluid of a softish nature, and these change again, and become turbid or hard about the fourth day ; they then assume a crusty appearance, begin to break, and about the eighth or ninth day gradually begin to fall off altogether. The only thing necessary here is to attend simply to the bowels and skin, and in every respect to observe the same rules as are laid down in the two former chapters. *Should it require the active treatment*, let it be carried out. Pennyroyal, ground ivy, or hyssop tea, stimulated with the composition powder, will generally be found to throw off the disease in a few days. Should the bowels prove stubborn, resort to the enema, give it once a day, if necessary : beware in this, as well as in the two former, not to let the child make too free by exposing it too early in the open air, for if it take cold when the body has been previously weakened by disease, there will probably not be sufficient power remaining to throw it off ; this should always be looked to.

OF THE MEASLES.

THIS is an inflammatory disease, and is generally communicated by contagion. It may be distinguished from the three former forms of disease by the peculiarity of the *symptoms*, which are a discharge of watery humours from the nose and eyes, sneezing, coughing, &c., with a copious supply of red spots generally covering the whole surface of the body, which generally become fainter as the disease progresses, and finally fall off in thin mealy scales.

It has proved more fatal of late years than originally, and often, if improperly managed, leaves a virus behind it which vitiates and corrupts the whole system by developing itself in the form of scurvy, running at the ears, scabbed head, scrofula, sciatica or white swelling, dropsy, and consumption.

The treatment should be as follows:—a hot brick wrapped in a cloth wet with vinegar applied to the feet, or the steam bath as recommended in small pox (See page 62), and the following medicine prepared:—

Meadow sweet, half an ounce.

Wood sage, half an ounce.

Clivers, half an ounce.

And a tea spoonful of composition powder.

Boil in a pint of water for ten minutes, mix well, strain, sweeten with lump sugar, and give a table spoonful hot every quarter of an hour, until perspiration commences.

This should be gently kept up, the bowels attended to by giving the soothing syrup, No. 1, or a simple injection of raspberry leaf and pennyroyal tea, stimulated with composition and sweetened with treacle.

Generally speaking this will be found sufficient, although like the small pox and other eruptive diseases it sometimes happens that, through want of attention or sufficient natural stamina, the body is incapable of throwing out the disease, in this case, resort to more active treatment. Let the stimulants be stronger by adding to the injection as much cayenne as will stand upon a fourpenny bit; put also hot bottles of water to the sides; always remember that the determination must be kept to the surface. By this means the impurities will be thrown off the vital organs, and care must also be taken to prevent them from falling back again; or in other words, take care not to

suffer the child to get cold, if so, the circulation flags and the virus takes hold upon the body internally. The emetic should not be forgotten here ; and if given in the following form will be preferable to the tincture.

EMETIC No. 3.

A tea spoonful of lobelia herb.

A tea spoonful of composition.

Mix in a tea cupful of pennyroyal tea, boiling hot, strain and sweeten, give it in table spoonful doses every five minutes until the stomach is vomited.

If it cannot be got into the stomach, administer it as an injection ; or if more convenient, give of the infants' emetic syrup, No. 2. The powder however is more active and stimulating. Care, above all things, should be taken not to let the child make too free ; fatal results often follow, simply because mothers indulge the child by letting it get out too early. It will also be well to change the bed-clothes, and to attend to the conditions as laid down in the small pox, cow pox, and chicken pox ; *i.e.*, let the room be properly ventilated, and every thing of a contaminating nature removed immediately. A day or two after the appearance of the measles or spots, the following may be given with advantage :—

St. John's wort, half an ounce.

Strawberry leaves, half an ounce.

Peppermint, half an ounce.

And as much cayenne pepper as will lay upon a fourpenny bit.

Boil in a pint of water for ten minutes, mix well, strain, sweeten, and give a table spoonful three times a day, gradually reducing the quantity as convalescence or recovery goes on.

OF WHOOPING COUGH.

THIS is a contagious disease, generally confined to childhood. It seldom proves fatal under proper botanic treatment, except with children of weak constitutions and relaxed rickety habits of body, although it is found to be so too often under the treatment of the faculty. It commences with difficulty of breathing, thirst, fever, &c., and often continues for a long time, despite the most active exertions. It is accompanied with a thick husky cough, presenting all the appearance of a common cold; the tongue is generally shrunk up and darker than when in health. In the first or early stages of the disease the cough is dry; this changes as it advances to a wheezing and whooping arising from the contraction and inflammation of the windpipe and passages connected with the lungs and stomach, producing sometimes complete suffocation. The paroxysms or fits of whooping last about five minutes, more or less, and are generally very distressing.

The causes are numerous, but one word may answer the enumeration of all, *cold*, or obstructed perspiration.

In the cure of this disease we must begin by seeking at once to restore the balance. For this purpose the lower half of the body should be immersed in warm water, and kept there about five minutes. It should then be wiped perfectly dry and put into a warm bed, with a hot brick wrapped in a vinegar cloth applied to the feet, and bottles of hot water to the sides. A poultice of common meal and ginger may now be put around the throat as follows:

Two large table spoonsful of fine oatmeal.

One ditto, ditto, of ginger powder.

Mix the whole well in boiling water, put it between two flannels, and fasten it on the neck as hot as it can well be borne.

Now give of infants' cayenne syrup, as recommended in croup, (See page 43), also a medicine as follows:—

Liquorice root, half an ounce.

Marsh mallow roots, half an ounce.

Ground ivy, quarter of an ounce.

Yarrow, half an ounce.

Of composition powder and skull cap,
mixed, a quarter of an ounce.

Bruise or cut the roots fine, boil them, with the cover on, in a full pint and a half of water for twenty minutes, pour the whole in its boiling state upon the herbs, and powder, mix well, strain, sweeten, and give sufficient to promote gentle perspiration.

This must be kept up gently; the child must also be kept from the cold; the bowels attended to, and the following syrup given, daily:—

COUGH SYRUP.

Lobelia seed, a tea spoonful.

Lobelia herb, a tea spoonful.

Cayenne, half a tea spoonful.

Anise seed, two tea spoonsful.

Pour upon the whole a large tea cupful of scalding vinegar, mix well, let it stand until cold, strain clear, form into a syrup with treacle, and give from a third part to half a tea spoonful in a little of the tea recommended above, six or eight times a day.

This removes the thick mucous from the parts, cleanses the passages, besides assisting to keep the perspiration to the surface.

The bowels should be relieved by giving an enema or injection, after which the infants' soothing syrup, No. 1, may be given as required; and should the whooping be very troublesome at times, put to bed, raise the perspiration, and give tea spoonful doses of the cough syrup every

twenty minutes in warm pennyroyal tea, until vomiting takes place. The above treatment will never fail to cure it, unless the child be previously very debilitated and weak ; beware of taking cold after the disease is subdued, and gently reduce your medicines proportionably with returning health.

OF SCARLATINA, OR SCARLET FEVER.

THIS dangerous disease is most prevalent with the young. It is contagious, malignant, and inflammatory, and often carries off whole families. We remember when residing in Manchester, visiting the town of Stockport, for the purpose of lecturing, meeting with a lady who had lost her only three children by it. We were reading the following in the railway carriage, from the *Manchester Guardian*;—
 “ Died of malignant scarlatina, which baffled the best medical aid, the only four children of John Hall, Solicitor, of Brown Street, in this city, viz. : on the 13th ult., after an illness of forty-eight hours, aged eight years and three months, his eldest son Launcelot Adams ; on the 15th ult., after an illness of thirty days, aged five years and two months, his third son, John Adams ; on the 25th ult., after an illness of seventeen days, aged three years and two months, his fourth, Maria ; and on the 7th ult., after an illness of twenty-nine days, aged seven years and two months, his second son, George Byron.”

We concluded with the ejaculation of pitiful ! for we knew well the treatment which the innocents had undergone, and felt the force of the “ best of treatment.” We therefore cried pitiful ! instinctively. The lady looked up, and we pointed to her the paragraph ; she read it, and

burst into a flood of tears. As soon as she recovered herself, and just as the carriages were about to stop, she told us that she had lost her three children by the same disease. We parted at the station, but the reflection that then followed has never left us. Can it be possible, we said, that the force of a false education "can thus deprive human beings even of their common instincts! Here, by the report of this paper, is a father, a solicitor, a man of otherwise good talent and understanding, content to stand idly by and see one or more members of a profession, called doctors, rule absolute in the management of the disease under which they were sacrificed, and never once thought it possible that there could be wrong where there was so much learning: strange infatuation, 'tis the "best of treatment," legally qualified according to rule,—it therefore must be right. Poor humanity! how long shall it continue to groan under this terrible infliction?

The disease commences in the same way as all other fevers, with cold and heat alternately, shivering, &c. Very soon after the skin presents a red spotted appearance, which may be distinguished from the measles by the fact of their being larger and more uniform. The spots continue for two or three days, gradually assuming a general scarlet, covering the whole body. There is often an affection of the throat, with difficulty of swallowing, great thirst, skin hot, and as the disease advances, the headache often becomes intense, the sleep is broken with sudden twitchings of the limbs, starting, and very often delirium. About the ninth day, the eruption begins to subside, in slight cases earlier; and often where the disease is violent, if not properly managed, death takes place at a very early period.

The CAUSES are numerous, independent of contagion,

unwholesome food, filthy and damp houses, uncleanness, putrid animal and vegetable effluvia, &c.

The treatment is the same as in all fevers, and must be treated in the same general way. Always remember that the heat must be raised internally by the use of stimulants, in order that by circulating the blood the morbid matter may be thrown to the surface. "Fever," says Dr. Thomson, "is a friend, not an enemy, and when the fever is on, increase the power of the heat; this will drive out the cold, and life will bear the rule." In accordance with this idea, give at once a vapour bath; this done, put into a warm bed; and give immediately of a tea made as follows:—

Elder flowers, half an ounce.

Meadow sweet, half an ounce.

Hyssop, half an ounce.

And a quarter of an ounce of composition.

Pour a full pint of boiling water upon the whole, mix well sweeten, strain, and give as freely as possible.

Relieve the bowels with an enema, and give an emetic either of No. 2 or No. 3 as most convenient; and should there be swelling and inflammation of the throat, a gargle may be made as follows:—

Self heal, half an ounce.

Ladies' mantle, quarter of an ounce.

Bayberry powder and gum myrrh, mixed, quarter of an ounce.

Cinnamon powder, quarter of an ounce.

And as much cayenne as will stand upon a shilling.

Boil in a pint of water for ten minutes, mix well, strain, sweeten, let it cool, and add a tea cupful of raspberry vinegar.

Use this as a gargle four or six times a day; if a little be swallowed it will do no harm. Should the skin continue hot, let it be damped all over with a sponge wet with

cold vinegar and water in equal parts. This will promote perspiration, relieve the oppression, and render the patient comfortable. If the throat still continue sore, the poultice recommended in whooping cough may be applied, (See page 73), and the cayenne syrup given as recommended in croup, (See page 43). Care must be taken after the fever is thrown off not to suffer the child to take cold, for there is always great danger where this is the case; and simply for this reason, because nature has exhausted herself, or nearly, in the struggle to rid itself of the disease, and cannot endure the necessary exertion the second time. She is, therefore, compelled often to sink under it. After the fever is conquered, to clear off the canker or remains of the virus, make a medicine as follows:—

Centaury, quarter of an ounce.

Agrimony, half an ounce.

Clivers, quarter of an ounce.

Composition powder and myrrh, mixed, a quarter of an ounce.

Boil in a pint of water for ten minutes, mix well, strain, sweeten and give a table spoonful four times a day, or less or more according to age; and should it have been left very weak, begin with less and gradually increase it.

This, in fact, is a point to consider in the treatment of all disease, for if the patient be greatly reduced, we should consider the strength or power that we have to act upon, not the age. Thus it will often happen that we must treat full grown adults greatly reduced by disease in the same gentle and simple manner as we would treat children, for where there is but little vitality remaining in the body, powerful medicines would produce the effect that a shovel of wet coals would upon a little fire, *it would put it out*.

And now we shall pass from the diseases of children to that of adults; before doing so, however, we will just re-

mind you that the success in the cure of disease greatly depends upon your own judgment, and the remedies recommended in this work will be found generally sufficient, if they are strictly followed out.

In treating of the diseases of infancy, there is need of much care and perspicuity ; in fact the great care of all writers should be to make the subject clear ; this we have endeavoured to do. Our object has been to lay down rules for every thing, so that the most simple may know what they are doing, for it has often been a source of regret to us in early days, when studying disease and its remedies, to find so many things left half explained or not explained at all. The reader will not find this mistake here ; and we believe we may say that no father or mother, when searching for knowledge relative to the diseases of their children, will have anything to complain of on that head. We have only to say, in our concluding remarks, that we have written on the subject with the end in view, never once losing sight of the class for whom we write ; and we speak from experience when we say, that the remedies recommended, if faithfully prescribed, will prove a treasure in the hands of every parent.

Part the Third.

OF ACUTE DISEASE—COLDS, COUGHS, INFLAMMATIONS AND FEVERS,

WITH THEIR SYMPTOMS AND METHOD OF CURE.

BEFORE entering immediately upon the task before us, it

will be prudent to say a few words relative to the position in which we stand as human beings to the earth of which we are a part. "Dust thou art and unto dust shalt thou return," is the great fiat of nature, nor is it possible for man with all his boasted knowledge to escape. The only thing he has a right to expect, or that can possibly take place, is the security of health, which can only be done in a civilized condition of society, by the cultivation of his intellectual and moral faculties. The many evils and miseries that ever attend the footsteps of the thoughtless, ignorant, and debased, can be avoided only through knowledge, and he will discover that just in proportion to the means which he possesses of *understanding himself, and of fulfilling the natural conditions of his existence*, so will his happiness be ; for every organ of the body is so contrived and adapted to the end, that their proper and temperate use constitutes the great secret of health and enjoyment. Every lesser pain felt in our passage through life, is but the gentle touch of nature, indicating the consequence of an *error* somewhere, for which the wise and prudent will seek a remedy in time, whilst those of a more violent kind may be compared to the storm, against which the skill of the navigator must be brought to bear ; he must not sleep upon his watch, he dare not without perilling his ship, but he must be at his post, calculating and meeting the difficulties with which he is called to contend, for upon his judgment, knowledge, prudence, and perseverance rests the safety of his life and bark.

To your judgment, knowledge, prudence, and perseverance, my fellow-creatures, are your lives and the lives of your families entrusted, (your all is in the vessel) and it depends upon the manner in which you exercise that judgment, as to whether you shall carry your bark safely

over the ocean of life, or be wrecked upon the shoals and quicksands of disease. If, then, we make ourselves acquainted with the conditions of health, causes of disease, the way to prevent and the way to cure it, and possess the means and courage to carry them out, life will be but a scene of pleasurable change from the days of infancy to doting age, each, in its turn, yielding their own joys, from the smiling infant in the mother's arms, to the playful school-boy and bashful wooer, from thence to the parent delighting in providing and attending to the wants of his beloved offspring, until these, *his children*, in their turn, arise to maturity, and he passes the "downhill of life," as happy in the grandfather as the infant; and having fulfilled his mission, sinks again to second childhood, beloved and caressed by the beings to whom he gave life, and in finally passing from the stage of existence, he is as secure in the eternal and everlasting infinitude of nature, as the Almighty power that moves and governs the whole.

OF COLD, OR CATARRH.

THIS form of disease is generally treated very lightly by people, although a very little knowledge is sufficient to convince us that very dangerous consequences often arise from neglecting it, and yet there is but little difficulty attendant upon a cold, and certainly no danger if understood and properly treated. We remember this very old saying among the aged people of the village where we were born,—“Colds are the foundation of all other disease,” which is true to a very great extent. In fact, if a cold be neglected, (unless nature possesses sufficient power to

throw it off,) it must necessarily lead to inflammation or fever of some form, and this simply because it is an effect, arising from obstructed perspiration.

The CAUSES of cold are too numerous to mention, nor is it necessary, since every one knows when it exists in the body. No age, sex, or constitution are exempted, but all, more or less, are liable to it. We shall simply say that a cold is the first stage of fever or inflammation occasioned by closing the pores of the skin, which are the natural outlets for the exhausted matter, serum, or sweat, brought to the surface of the body, and discharged through the million little outlets or pores prepared by nature for that purpose. This matter is the refuse of the blood, and can no more be suffered to remain without doing it an injury, than can the food of the stomach and bowels after the nutrition has been all extracted. We all know the danger of confined or obstructed bowels, and yet we overlook the danger of obstructed perspiration.

The SYMPTOMS are tightness of the chest, running of the nose and eyes, sneezing, listlessness, pains in the head, cough, shivering, &c. More or less of these are always found with every cold. When it is very severe we call it the INFLUENZA.

When there is reason to suspect a cold, if the health has been previously good, go to bed early, and take a couple of pills, No. 1, and take a strong tea as follows:—

Of yarrow, one ounce.

And two large tea spoonsful of the composition powder.

Pour a full pint of boiling water upon the whole, cover up for ten minutes, mix well, sweeten, and take as hot as possible, in order to promote perspiration.

Heat, you know, is the principle of life, and by circulating the blood, the body expands; the pores which were

closed by the cold, which is the enemy of life, are made to re-open by the application of the simple remedy laid down: the poisoned or exhausted matter passes away, heat obtains the mastery, and the cold must quit. The skin should be well rubbed down in the morning with a cloth damped with vinegar and water, after which with a dry one until the skin feels warm; this done, sit still for an hour or two in an easy chair, if you have one, take a light breakfast comfortable, after which to business again.

If the case is very severe, the same treatment will do, with the addition of putting the feet in warm water for five minutes, and putting a hot brick to the feet, wrapped in a cloth wet with vinegar. It will be well in this case to lay by a day, and to drink the tea recommended at intervals, and to take half a pint for three or four nights following. The cold is sometimes difficult to dislodge, where it has been neglected; but this treatment will generally be found sufficient, if persevered with. We recollect having a severe attack of influenza last winter, while giving a course of lectures; it was with the greatest difficulty that we could speak at all, and yet we had engaged to give three lectures a week, for three nights successively, for eight weeks, and there were full a half of them to give yet; what was to be done? The weather was severe, and so was *our cold*. Our patients also must be attended to the day after; this was bad work. We resorted to the means here laid down; and although good effects resulted from the treatment, since it was impossible for us to lay up, as fast as we removed it, so the relapse followed; and we were compelled to continue treating ourselves in this way until the lectures concluded; when we got a little rest, took a vapour bath as hot as we could stand it, during the week; wiped the body down in equal parts of vinegar and

water; had the hot brick put to the feet; took a couple of No. 1 pills; drank freely of composition tea; took a lobelia emetic; kept the perspiration up during the night; wiped dry, and put on clean dry linen in the morning; laid up for a day or two, and although it had been in the system five weeks, nevertheless this removed it entirely. You will see that we had prevented it from doing much serious mischief, by attending to it every week after our return home; but it was not until the lectures were finished that we gave it the lobelia broadside and vapour bath, &c., the enemy was now forced to strike, it was in fact completely driven out. We bade it good by, and have not seen it since. This is the way to remove colds; it is cheap, safe, and will rarely fail if thus treated.

OF COUGHS.

Coughs are generally the effects of colds improperly treated, or neglected, and wherever found, are always connected with danger, and should never be neglected. Coughs may be divided into four classes, first the common cough, of which we here speak; second, the spasmodic cough; third, the asthmatic cough; and lastly, the consumptive cough; of the three latter we shall speak in the proper time and place. If a common cough be suffered to remain unchecked for any length of time, it will most probably lead to consumption, and in that case there is great danger connected with it. When coughs arise from colds improperly treated, or neglect, a vapour bath should be given once a week; the hot brick applied to the feet; perspiration promoted, and the emetic administered; that is, if the body is not too far debilitated by

disease; where this is the case, bear in mind that the treatment must be proportionably with the strength of the body; but where there is power it may be done with the greatest advantage. A medicine made as follows can then be given:—

Comfrey root, one ounce.

Pollypoddy of the oak root, half an ounce.

Horehound, an ounce and a half.

Colt's foot leaves, one ounce.

Ground ivy, one ounce.

Marsh mallow roots, half an ounce.

Ginger root, one ounce.

Bruise and boil the roots in two quarts of water down to three pints, with the cover on, add the herbs, and boil for five minutes more, strain, add half a pound of lump sugar, and three ounces of gum arabic, stir it up occasionally until the gum is all dissolved, and take from four to six wine glassesful during the day.

If the patient is weak, the above medicine may be taken without the vapour bath or emetic, and instead of which the composition powder may be taken as follows: a tea spoonful put into a large tea cup three parts full of boiling water, and the other part with new milk, sweetened, the powder allowed to settle, and the liquid taken three or four times a day, or less at a time, and often as the patient finds agreeable. Keep in mind that the medicines here recommended are for the purpose of strengthening the body. In all cases of debility, begin with small quantities, gradually increasing it as the strength increases; remember that debility arises from a loss of the balance in the circulation, or the natural heat: we should therefore make use only of the heat or vitality left in the body so as not to exhaust it. Should there be a tightness of the chest, and tough viscid mucous, with irritation in the air passages, take a tea spoonful of the cough syrup, six

to eight times a day. (See Index.) Attend to the bowels by taking two pills of No. 1, and should there be inflammation of the stomach or throat, increase the strength of the mixture by adding half a tea spoonful of cayenne. Recollect that in the cure of all diseases, three parts of your success depends upon the medicines being obtained pure. If therefore the patient should not properly understand the quality of drugs, his object should be to find some one who does, or a respectable honest dealer.

And now a word or two which we desire to be remembered, *from the first to the last in the practice*, in regard to emetics. There is nothing so efficient in the removal of disease as the lobelia emetic, and nothing so harmless. The only thing to be borne in mind is the vital power of the patient; if this is very low, in some cases it is not worth while to risk it, while again in others equally as low there is no doing without it. We know of no better way to guide the practitioner than by saying, where the patient is altogether spare or thin, deficient of blood and fluid, dry cough, no expectoration, with very weak and low pulse, and far gone, do not risk it; but where there is a flux of humours, cough, and free expectoration, with full pulse and natural heat, go to work. In the rule here laid down there is perfect safety; not that the lobelia under any circumstances can do any harm, if the following plan of administering it be attended to; still in this age of ignorance, prejudice, and persecution, it is well to be on the guard.

First, raise the heat internally by giving freely of composition tea; put the hot brick or bottle of water to the feet, and when the body begins to perspire take a tea spoonful of the pure lobelia herb, mix in a little of the composition tea; give it, and if the stomach is not vom-

ited in half an hour, give another, and one every half hour until the patient has taken three tea spoonful, when he may stop; take a little more of the composition tea, wrap up warm, and go to sleep, and do not trouble a bit about it, *for it knows what to do better than you do.* And whatever there is *to do it will do it in a proper manner and in its own way.* If the stomach does not vomit early, no matter; it is because there are a great many things to do on the inside. If it vomits quick, it is because there is inflammation of the stomach, or a large quantity ready to come away; in that case give another tea spoonful with a quarter of a tea spoonful of cayenne added to it.

Always see the bowels relieved before giving your emetic; "Take enough (says Dr. Coffin) and never mind Hooper." We say the same, but then THREE TEA SPOONFUL are enough for any man, particularly if a part of it be the seed. We prefer giving the herb in all cases where the body is weak. Again, there is a prejudice existing against the use of the lobelia because the faculty say it is a poison, and that if it does not vomit, it will destroy life. This is a gross delusion; if it does not vomit it is simply because the system does not require it, or because there is no natural power for it to act upon; for the nature of the remedy is such, that where there is no disease it will not act, and if given when the stomach has lost its power, it will not act. It is on this account that we ask for caution, because as the stomach is the touchstone or great sympathetic organ of the body, the first when in health to tell of disarrangement, so it will often lose its *vitality long before the body* dies; and if the lobelia be taken with the stomach cold and dead, and the patient die after, as he must, upon a *post mortem* examination it would be found in its crude state in the stomach, and the operator

would say to his friends, "See, here is the *fruit of your work*; we have taken the deadly poison from the stomach by which the life has been sacrificed." Prejudice would sound the alarm, the neighbourhood rise in arms, and by this means fear would usurp the place of reason, and much future good be prevented. There is one point to which we wish to direct attention, and that is to the practice of taking nervines with the lobelia. Both Dr. Coffin and Dr. Thomson fall into this error, and through them many others. It is altogether a wrong notion to suppose the nerves require to be acted upon or soothed while taking an emetic; the only action they require is to be stimulated with the body, not soothed. This is a source of much mischief, inasmuch as it prostrates or robs the patient of a power that it is most desirous to retain.

Two substances of opposite qualities produce confusion and war instead of concert and harmony, Avoid this error.

THEORY OF INFLAMMATION.

WE have already said that a cold improperly treated or neglected necessarily leads to inflammation. The reason of this is obvious. The pores of the skin through which the exhausted matter should pass have become contracted, and the serum, instead of passing off, is thrown again upon the body. Inflammation is nothing more than *nature* making an effort to get rid of an incumbrance by the creation of artificial means, and why? Because the natural means are obstructed. What a beautiful provision is this, how true to all natural law! It is for this reason that the steam-engine has to be supplied with the safety valve; there must be a means of escape, or the result is certain

explosion and perhaps loss of life. And just ask what the effect would be if you filled your kettle with water, but before putting it on the fire you soldered up the spout and cover, which may be considered the natural outlets. The answer is plain; another outlet must be immediately provided or the kettle would burst through heat and expansion. Just so is it with the human body; nature has provided outlets for carrying away the refuse and excretions, and those outlets cannot be obstructed without the greatest danger to life. Now, it would be impossible for the body to right itself at all when obstructed, were it not for this provision. Anything, then, that obstructs the regular circulation of the blood produces inflammation. Thus a man receives a violent blow, say upon the head or arm, this causes an obstruction; there is now no passage, the blood is driven from its natural course by the blow, the innumerable blood vessels have by contusion become incapable of re-admitting it, the passages are closed, it circulates around the affected parts, and, in consequence of the injury, coagulates with the lymph or watery matter, which being distinct in its nature, and circulating through a distinct set of vessels, now amalgamates. Thus, all the vessels having received an injury, the matter is lodged upon the injured spot, producing the hard, red appearance and painful feeling which always accompany accidents of this kind. Again, we will look at the female breast in a state of inflammation. It matters not what the cause might be, whether through an accident or cold, we see it presenting the same hard, knotty appearance. Now, here we observe the beauty and harmony of the natural laws upon which the botanic theory rests. The blood is the life, and thus, because an obstruction has taken place in a particular part of the body, the whole system has

become disarranged, and the part itself, for the want of the "heat" and vitality of the blood, dies. There is *death*, then, in that particular part: we see it rot and decay. Suppuration carries off the offending matter, nature rids itself of the evil, and the body reacts and obtains its healthy state again. This we call partial death conquered by the superior force of life. Now, carry the idea a little further: suppose two men or two women to receive the same blow on the same part of the body, it depends entirely on the condition of the blood as to the amount of mischief that may arise. It may be a severe blow, but both the men are healthy and vigorous. It leads to inflammation, suppurates, discharges the matter, and both do well. The same with the two women. But supposing one of the men or one of the women to be of a relaxed, scrofulous habit of body; in this case, although they both received the same blow, they did not receive the same injury; both parts inflamed, but the healthy body brought a sufficient vitality upon the part diseased; it suppurated, and threw off the evil. The debilitated or diseased body was incapable of doing this. The parts injured could not react; there was a deficiency of power. The decaying matter mixes with the diseased blood, is taken up into the system, spreads itself through it, until there is a complete prostration of the whole vital force, and reaction becomes an impossibility. Thus we see that that which produced only partial death in the healthy body, carried general or total death to the other.

Here we see the reason why so much evil results from the depletory practice of the schools. To take away the blood, which is the life, is to rob the body of the only chance for recovery. It is perfectly true that in propor-

tion as you bleed so do you reduce the pain, but this arises from the loss of sensibility. Only bleed sufficient, and you take all the pain connected with the inflammation away, but then you take away the life also.

Now, all inflammation is governed by one principle, whether it arises from cuts, bruises, cold, improper medical treatment, scalds, burns, or anything else; and the great end to keep in view is the equalization of the circulation, for wherever there is healthy circulation there can be no disease, and he who can restore the loss will most certainly restore the patient by removing the inflammation; for this is the very end that nature herself seeks, and the fact of the existence of inflammation is proof unmistakeable that she is working hard to bring the end about, for the inflammatory stage is not the primary, but secondary, and an active evidence that the work of restoration is going on. The great question to consider is what power is there remaining in nature for effecting the work, and how much can the physician do to aid it.

Let the medical practitioner ever keep this view of the subject before him, and he will not be confused by the locality or name of the disease. Once again, let us refer to the cases introduced in point. It will be seen clearly that the suppuration or partial death, as well as the general death, took place from the want of "heat", or proper supply of blood, and had it been possible to have kept up a healthy circulation, either through the diseased part or the diseased body, the suppuration or decomposition could not have taken place. Death, therefore, would have been averted. True it is that the partial death was conquered by the respirative powers of the blood and perfectly restored. Nature threw the evil off by this means, although in nine cases out of every ten, under proper management,

the inflammation may be subdued without passing into suppuration, and where this can be done it is always the best, but where it cannot, suppuration must be promoted.

OF EXTERNAL INFLAMMATION,

ARISING FROM BRUISES, STRAINS, CUTS, WOUNDS, &c.

THE circumstances in which men are placed, in order to obtain their daily bread, necessarily renders them liable to accidents of various kinds: we therefore propose saying a few words as briefly as possible, upon their mode of treatment; we have already pointed out the causes and symptoms attending inflammation. We shall now, therefore, content ourselves by saying, wherever these are found there is inflammation.

The first thing, in case of accident, is to make sure and see that no bones are broken; this ascertained, the patient should go to his home as quick as possible, examine well the injured part, and if it is swollen and painful, the skin bruised or broken, he should bathe it well in a strong decoction of rag-wort, chamomile flowers, marsh-mallows or yarrow, from five to fifteen minutes; this done, if it is bruised and swollen only, without the skin being broken, it may be wrapped in a bandage, or cloth made wet with the same liquid, cold, and a dry cloth put outside this again; he should now go to bed, have a hot brick, or hot bottle of water put to the feet; and endeavour to raise a profuse perspiration, by drinking freely of composition tea. Let the bowels be relieved by taking a couple of No. 1 pills, unless they happen to have been previously much confined; in that case give an enema, or clyster to relieve them, as follows:—

Make three quarters of a pint of thin gruel, add a large tea spoonful of composition, a table spoonful of sweet oil, half a tea spoonful of lobelia herb, and two table spoonsful of treacle, mix well, strain, and inject warm; and should the pain be very severe give an emetic.

The fomenting and bandage should be followed every night and morning, and gentle perspiration kept up throughout the day. This will generally subdue the inflammation and equalize the circulation of the blood in a very short time. It is always better in case of accident to resort to this mode of treatment rather than to neglect it, under the idea that as no bones are broken there is very little to fear; there is always something to fear in such cases; we have seen foolish men dragging about injured limbs for days and weeks, until nature could no longer endure it, and at last when they have been forced to lay up, it has been for months, and often to lose their limbs altogether, and sometimes their lives.

In every case of disarrangement, the stomach and bowels should be looked to, for all the recuperative or healing power of the body depends upon the blood; and the purity of the blood is determined by the stomach and bowels. As regards *strains*, the same general principle must be kept in view. It is customary with people in general to immerse the affected part in cold water, or to hold it under a running stream; this may not be altogether objectionable in many cases, although it is far from the best in any. The celebrated Charles Bell observes, in his remarks upon the nature of the blood, that "although the tendons, nerves, and muscles perform a prominent part in the economy of the body, still they depend, like every other part, for their power upon the blood." The

law of nature is reaction, and in all cases of violence she seeks to right herself; but the power to react depends upon the amount of injury and the natural strength of the body. Care should be taken to equalize the circulation as quick as possible; for this purpose use the hot fomentations first, and apply the cold bandages after; attend to the bowels and stomach, and raise the perspiration. In addition to this, the part affected may be gently rubbed with the No. 6 and sweet oil, mixed in equal parts, or the volatile liniment, three or four times a day. Always remember that no part of the body possesses an independent existence, but that whether in health or disease the blood is the whole.

The time of recovery from accidents depends upon three things: first, the severity of the case; second, the age and strength of the body; and thirdly, the kind of treatment adopted. Where the body is weak and debilitated care must be taken to keep up the strength by proper medicine and generous diet; and in all cases where there is tendency to fever, the vapour bath should be employed. In cases where the flesh is torn a poultice should be applied of coarse wheaten meal and slippery elm mixed in equal parts with boiling water. It will be well where practicable to bring the torn parts of the flesh together and apply narrow strips of adhesive plaster crossways to keep it there, putting the poultice over the whole, and then raising the perspiration and following out the rules already given. Wash the wound two or three times during the day, and be careful to let the strips be sufficiently separated to let the lymph or matter pass away. It is for this reason why the narrow strip is preferable to the wide one. As soon as the inflammation is subdued, apply the healing salve,

beside washing it in the No. 6; be careful not to confine the diseased matter in the wound. A little attention to these things will soon bring about the restoration.

In severe BRUISES and CUTS of the SCALP, care must be taken to equalize the circulation and to keep it so. In fact the same treatment must be carried out in whatever part of the body the inflammation exists. We would first observe that if the scalp be much cut it will be wise to have the hair at once taken off, the edges of the wound brought together, and the narrow slips of adhesive plaster applied. Bear in mind the advice regarding the escape of the lymph or diseased matter. See that there are no broken pieces of any kind of stones, dirt, or anything in the wound before applying the slips; wash well with warm milk and water, use the No. 6 liniment, after which apply the poultice of common wheaten meal and slippery elm, raise the perspiration, attend to the bowels, and when the inflammation is subdued apply the healing salve.

This, with proper attention to the stomach and bowels, constitutes the whole art and mystery of healing in case of accident, &c.

In all severe cuts care must be taken to bring the edges of the wounds together, and to prevent the loss of blood as quick as possible. We remember, when giving a course of lectures in the town of Colne, in Lancashire, that Mr. John Stansfield, the man at whose house we were stopping, had killed a pig the day before our arrival. The next day he was engaged in cutting it up, and in doing so by some means the table slipped on one side, and the large knife passed across his wrist, completely severing the principle blood vessels. The blood gushed from the wound as rapid as if it had been ejected from a syringe or water pipe, and in less than two minutes upwards of

a pint and a half of blood was lost. He was a strong muscular man about six and thirty years of age.

We were surprised as we sat upstairs examining a patient to hear a sudden screaming from the wife, and a call for us to be quick, "for John," meaning her husband, "had nearly killed himself." We were upon the spot in a minute, when catching his wrist in our hand, we raised the arm at once above the head, pressing at the same time our fingers tight just above the severed vessels, and by this means stopped the blood at once. We had now no adhesive plaster with us, but sent away for help to the nearest druggist. The man came and brought it with him; we brought the edges together, while the narrow slips were applied transversely or cross ways; and when done, we got him to bed, gave freely of the composition tea, raised the perspiration, and in about a fortnight or three weeks the edges were closely united, and the wrist, with the exception of being a little stiff and sore, was as well as ever. We saw him some six months after, when passing through the town; the poor fellow shook his head and said "Ah! it was a lucky job for me that you were here, for I am sure, but for your help, I should have bled to death." This was true, or at least so much of the blood might have been lost as altogether to destroy reaction.

In all cuts then ever remember that the limb should be raised above the head. If it be the leg, the patient should be put upon a sofa or carpet upon his back, and the limb suffered to rest upon a high stool or chair; a bandage should then be tied tight above the part, or the finger so placed that the blood may be prevented from escaping. Recollect that with accidents of every kind the blood is thrown off the balance, and that the cure depends more

upon its restoration than upon any other thing. Do not forget to attend to the stomach and bowels, and to look to the wound during the night, if it be a severe cut or flesh wound; for we have known the strips of adhesive plaster to slip or come off when the patient has been restless, or when they were not properly applied; if this happens, there is danger; for the loss of blood leads to great prostration, if not to death. In all cuts and flesh wounds the parts should be well washed with warm milk and water as often as they begin to feel stiff and uncomfortable, while the strips should remain on; after which a little of the No. 6 should be applied, and then the healing salve to keep it moist and exclude the cold air.

And now, in concluding our remarks upon external inflammation, cuts, bruises, strains, &c., let us impress the necessity of studying well the theory upon which our system rests, for most assuredly by understanding it, and following it out, you will be enabled to do much good; since cuts, strains, and bruises form no small part in the category of human ills and the curative art. Beware of the leech and the lancet.

OF INTERNAL INFLAMMATION,

ARISING FROM OBSTRUCTED PERSPIRATION, NEGLECT, OR
IMPROPER TREATMENT, WITH ITS SYMPTOMS
AND METHOD OF CURE.

OF INFLAMMATION OF THE BLADDER.

THIS form of disease is known by the burning pain felt in the lower part of the abdomen, and around the region of

the bladder. There is great difficulty in voiding the water, although at the same time there is a constant desire; there is also a desire to go to stool. The water is of a thick red colour, and comes away in drops, with intense pain; at times tinged with blood. Where this disease is neglected or improperly treated, it often leads to very serious results; we have known it produce ulceration and stranguary, and often a chronic inflammation of the parts. In treating it, much will depend upon the strength of the patient and the stage of the disease. We have removed it when called in the early stage, by simply applying flannels as hot as they could be borne, wrung out of a strong decoction of marshmallows, and the same given internally with composition, freely until perspiration began, and by keeping it gently up for a few hours; but this is what we have scarcely a right to expect, and therefore it is well to be prepared for the worst. Where the patient is satisfied that the disease is seated in the bladder, the above may be at once applied, and if it still remain after a few hours, a warm bath should be given; the body may be immersed as far as the waist, and the abdomen gently rubbed while in it, which should be for about fifteen minutes; the patient should then be rubbed dry, and the hot flannels continued in bed. An enema or injection may now be prepared and administered as follows:—

Marshmallow herb, an ounce and a half.

A tea spoonful of composition powder.

And half a tea spoonful of the lobelia herb.

Pour a pint of boiling water upon the whole, mix well, let it settle, strain, sweeten with treacle, and throw milk warm into the bowels.

This will generally subdue the pains, ease the desire for stool, and promote a free passage for the water. Pers-

piration should be kept up in bed by giving freely of yarrow and composition tea, and a medicine made and given as follows:—

Plantain root, an ounce.

Clivers, an ounce.

Burdock root, an ounce and a half.

And tansy, an ounce.

Bruise and boil the roots in two quarts of water down to three pints, with the cover on, add half an ounce of the diuretic powder and the herbs, and boil for five minutes more, strain, sweeten with honey, add two ounces of powdered gum arabic, and take a wine glassful four times a day, or oftener for the first two or three days.

The injections or enemas may be administered as often as every two hours while the severity of the pains are on, and a hot stimulating poultice of oatmeal and mustard applied to the lower part of the abdomen between the hot fomentations. *Double the quantity of meal to that of the mustard, well mixed in hot water, and applied between two cloths.* This treatment should be followed perseveringly out, and if the pains are stubborn and difficult to remove, give a lobelia emetic. Beware of the catheter and bougie.

OF INFLAMMATION OF THE BOWELS.

(ENTERITIS.)

THIS is one of the most dangerous forms of inflammatory disease, and requires prompt and efficient treatment. Medical men have given different names to it agreeing with the part in which the disease happens to be seated; but as the same treatment is necessary in all, it is not necessary to waste time in their enumeration. It com-

mences with chilliness, pain, and hardness of the belly, which, gradually increasing, becomes most intense. There is generally a hot skin, great thirst, vomiting, with a short and heavy breathing. The tongue is red around the edges and covered with a dark brownish coat of thick mucous in the centre, the bowels are obstinately costive, and the patient lays upon the back, with the knees drawn up towards the body.

Immediately upon discovering the attack, a hot brick, wrapped in a cloth wet with vinegar, should be applied to the feet, hot bottles of water to the sides, and the injection as recommended for inflammation of the bladder, with the addition of a teaspoonful of gum myrrh and half a tea spoonful of slippery elm, thrown into the bowels : a large hot poultice of oatmeal and mustard should be placed between two cloths, and laid across the whole of the bowels ; twice as much oatmeal as mustard should be used ; after which, a strong medicine as follows may be prepared and given :—

Wild mint, one ounce.

Queen of the meadow, one ounce.

St. John's wort, half an ounce.

Composition powder and myrrh, equal parts
mixed, half an ounce.

And cinnamon powder, quarter of an ounce.

Boil in three pints of water for ten minutes, mix well, let it stand for some time with a cover on, strain off a part, sweeten, and give freely to drink until perspiration commences ; keep it up freely.

Sometimes the fœces of the bowels become lodged in the lower part so hard, that it is difficult to give the clyster ; in that case a small candle, smeared with sweet oil, should be passed up the seat as far as possible. Remember that the bowels must be relieved, for much depends upon this.

Should the pains continue, apply hot fomentations of

hops; and remember that the only chance of success lies in relieving the parts of the pressure, and in getting a passage for the blood through the inflamed and congested vessels which line the whole of the bowels.

It is a disease which in some instances proves fatal in a few hours, but rarely unless there has been long previous excess or negligence. If the bowels have long been suffered to remain in a constipated state without proper relief; or strong purges of salts, castor oil, and pills have long been used to relieve them, thereby continually irritating the whole intestines, then there is much to fear.

Hooper, in his Medical Dictionary, enumerates the progress of the disease briefly; but to the point, and we here give it: "Enteritis (inflammation of the bowels) is always attended with considerable danger, as it often terminates in gangrene (mortification), in the space of a few hours from its commencement, which event is marked by the sudden remission of the pains, sinking of the features, and distention of the belly;" (observe here our idea) "pains of a more violent nature may be compared to the storm against which the skill of the navigator must be brought to bear; he must not sleep upon his watch, but be up and ready to discover the difficulties with which he is called to contend, for upon his judgment and perseverance rests the safety of his life and bark." (See page 80.) This, then, is the law of nature; severe pain manifests great obstruction, and ceases only with a free passage or equalized circulation, or with its total loss; the one is HEALTH, the other DEATH. Again Hooper says, "if the pains abate gradually, if natural stools are passed, if a *universal sweat*, attended with firm equal pulse and copious discharge of urine comes on, a favourable termination may be expected." Now I ask who can read this,

and at the same time misunderstand the theory which we have here laid down. All our aims should be directed to the helping of nature to bring about this "favourable termination," indicated in the latter part of Hooper's description. This, in fact, is all that the physician can do, and he who best understands it, and devotes himself to the work, is the most skilful in the profession of physic, whether he may have studied in the college or not. Look to it, my readers, and look closely! Remove the fæces from the bowels by injections; and here you see their great utility; for while they relieve the obstructions and pressure upon the one hand, so they act as a stimulating fomentation upon the other, and when connected with the application of hot external applications, assisted by the stimulating poultice, and the whole system acted upon by the medicines recommended; it is almost impossible to fail, (unless as I said before, the body has been long debilitated, through neglect), in the cure of even this generally admitted, fatal disease. Beware of the leech, and the opium; be resolute and firm; and success will crown your efforts: after the disease is conquered, be careful not to make too free; lay by a little time; take light nourishing food; avoid fat meat, strong drinks, and cold. Should there be a tendency to constipation after the disease is gone off, relieve the bowels with the injection, and take a little of the CURATIVE POWDER daily. It may be obtained pure of any of OUR AGENTS.

OF INFLAMMATION OF THE STOMACH. (GASTRITIS.)

THIS disease may be known by a severe burning pain

at the pit of the stomach, and frequent vomiting. It is accompanied with constipation of the bowels, restlessness, and depression of the spirits; but is by no means so dangerous as inflammation of the bowels; and is generally removed with less difficulty, unless it has been driven into the chronic form, by negligence or improper treatment. Dr. Coffin says, "in one instance when the doctor had been attending the patient for this disease, and considered his case hopeless, that he administered *four ounces of cayenne pepper* in fifteen hours, and by so doing, succeeded in curing him; and the very celebrated Dr. Mattson, author of the American vegetable practice, says, "An old botanic practitioner told me that he cured an obstinate case of gastritis by giving one or two strong decoctions of cayenne, when everything else had failed." To the great advantages of cayenne we may also add our own experience. It happened one Sunday evening when we were absent from home, that a poor woman was attacked severely with this disease. Her husband came for us, and in our absence our assistant gave, as he thought, an ounce of composition powder, on which he affixed the following label: "Put a tea spoonful of the powder into a tea cupful of hot water, sweeten, and take it hot in bed as freely as possible, until perspiration commences, after which keep it up by giving more of the powder";—but instead of composition it was cayenne. The whole ounce was taken during the night, and in the morning the woman was quite well. As an agent, then, in the cure of inflammatory disease of every form, cayenne is a first-rate remedy; but at the same time it should be used as all other drugs, with judgment and understanding. We are no advocates for extravagance or excess in anything, whether in food or physic, although it may and does happen that an excess,

perchance, may do good, nevertheless it is not wise to try the experiment.

Our general mode of treatment is as follows:—

STIMULATING ENEMA.

Composition powder, a tea spoonful.

Cayenne, as much as will stand upon a sixpence.

And a tea spoonful of lobelia herb, powdered.

Pour full three quarters of a pint of boiling water upon the whole, mix, sweeten well with treacle, let the powder settle to the bottom of the cup, strain off clear, and throw it into the bowels as a clyster or enema.

As soon as they are relieved, put the hot brick to the feet, and lay the stimulating poultice across the stomach as hot as it can be borne. This done, make a medicine as follows:—

Marsh mallows, two ounces.

Raspberry leaves, one ounce.

Cayenne pepper, a tea spoonful.

Sweet flag root, one ounce.

Cut the flag root thin and boil in three pints of water down to a quart, now add the leaves, herb, and cayenne, and boil for five minutes more, strain, sweeten, and let it stand for twenty minutes.

Now lay on a poultice prepared as follows:—

STIMULATING POULTICE, No. 2.

Ginger powder, an ounce.

Three table spoonsful of common meal,

And a table spoonful of mustard.

Mix the whole with boiling water well, lay it between two flannels previously dipped and wrung out of the boiling water, and apply it across the whole of the chest as hot as it can be borne.

This done, give the tea recommended, in tea cupful doses, as hot as it can comfortably be taken, until perspiration begins. Should the pains continue, after a few

hours add another tea spoonful of the cayenne, apply the hot brick and vinegar cloth to the feet, and persevere; Give also the lobelia emetic. After the pains are all subdued, give first sufficient of the tea to keep up a gentle perspiration. The food, when the stomach begins to acquire its tone, should be for some days after very light, free from fat greasy substances. Strong drinks should be carefully avoided. A little of the stomach bitters may now be taken in gentle doses for the first day or two, and the patient should be very careful not to take cold, and to content himself with a gentle return to health. It is better than jumping carelessly from a bed of sickness into the bustle of life, and will in the end be found much safer.

OF PLEURISY,

OR INFLAMMATION OF THE LINING OR MEMBRANE OF
THE LUNGS, CALLED THE PLEURA.

THIS form of inflammatory disease may be known by the pricking pains which generally accompany it, either in one or both of the sides, between the ribs; sometimes extending to the back bone, and at other times towards the fore part of the breast, and shoulder blades. It is felt the most severe each time of breathing, and is often so excessively painful. that the patient cannot bear to draw his breath. The pulse is quick and hard; the urine high in colour; and it is generally accompanied with chilliness, shivering, thirst, fever, and restlessness.

Our method of *treatment* is to administer at once the vapour bath, as hot as possible; apply the stimulating

poultice No. 1 to the part affected; the hot brick and vinegar cloths to the feet; hot bottles of water to the sides; and to give an enema if the bowels are confined; and a medicine as follows:—

Summer savory, half an ounce.

Elder flowers, one ounce.

Vervain, one ounce.

Liquorice root, one ounce.

With two tea spoonsful of powdered cloves, and half a tea spoonful of cayenne; and boil for five minutes in three pints of water, strain, and add two table spoonsful of treacle; give this mixture in tea cupful doses, until the patient is in a profuse perspiration; after which gradually reduce the quantity, still, however, keeping up a gentle moisture to the surface of the skin.

The poultice may now be removed, and the part affected gently rubbed with the No. 6 liniment, for about five minutes, while the poultice is held over hot steam, for the purpose of being again applied. This may be continued alternately, until the pains entirely cease. The whole body may now be rubbed dry; clean warm cloths applied to the bed; still giving small doses of the same medicine, for a day or two; after which the elder flowers may be left out of the medicine, and an ounce of white horehound instead, and prepared in the same way, of which half a wine glassful may be taken six times a day. Attend after the disease has left, to the directions given for returning health, in the last.

OF INFLAMMATION OF THE LUNGS.

(PNEUMONIA.)

THE symptoms of this form of disease resemble in every

respect the last. The pains, perhaps, are not generally quite so acute, nor the pulse so hard; but the oppression of the chest and difficulty of breathing is just as severe. It must be treated in every respect the same as the pleurisy, with the addition of the lobelia cough syrup, (See Index), of which from a half to a tea spoonful may be taken six or eight times a day. Remember always to attend to the bowels; give the enema as recommended in inflammation of the stomach, and be careful always to avoid taking cold after the disease is removed; and in addition to the horehound add an ounce of colt's foot flowers, if you have them; if not, the leaf, and put into the three pints of mixture two ounces of the best gum arabic. If this medicine be sweetened with honey it will be an improvement. Should any cough remain after the treatment, take of the cough mixture (See page 85).

INFLAMMATION OF THE LIVER.

(HEPATITIS.)

THERE are many of the symptoms attendant on this form of disease which greatly resemble the two last, such as short hurried breathing, pain in the chest, fever, and cough; but it matters but little to the physician who thoroughly understands the theory of inflammation where the disease has settled itself, since the same mode of treatment, with trifling variations, suit the whole of the cases. It will be easily known, however, by the experienced practitioner, for there is generally a severe pain in the right side just below the ribs, often with pain in the shoulder. It is not so common in this country as it is in the warmer climates. We have, it is true, many who

suffer from disease of the liver, but we generally find it of the chronic kind, and almost always connected with indigestion. The duration of the disease varies according to its virulence. We have been enabled by prompt treatment to carry it off in a few days, but it generally continues from eight to ten days and sometimes longer, often terminating in what is called abscess, scirrhus, or hardness of the liver. Our method of treatment is to resort at once to the course: an enema or clyster, whether the bowels be confined or not, for it sometimes happens that they are loose; this arises from an acrid matter secreted by the liver and passed into the bowels. Give the enema first, then the vapour bath, with some composition tea while in it, after which wipe down with cold vinegar and water, put to bed, and give exactly the same medicine as that recommended for the pleurisy. Lay on the stimulating poultice upon the part affected, and if the enema has not vomited the stomach, give an emetic, keep up the perspiration, foment the part continually as the poultice gets cool, gently rub in the No. 6 liniment alternately; remember that the poisoned matter has been thrown upon the liver, and it is not so easily discharged from here as it is when seated externally. Your object must be to keep up the circulation of the blood, and to relax the parts, for it is highly dangerous when the abscess begins to form: the matter must therefore be absorbed, and carried through the system by the blood. Keep this in view, and, in addition to the treatment recommended, take half an ounce of the composition powder, and half an ounce of the lobelia herb, mix well together, put half a tea spoonful of it into a little of the tea, and give it three or four times a day. It relaxes the part internally, besides acting upon the circulation. Never mind the

nauseating feeling produced, for this is the best feature in it.

It will be well to give two of the No. 1 pills nightly after the first night, if there remain any appearance of constipation. As soon as all the painful symptoms are removed, make up the following medicine:—

Barberry bark, one ounce.

Comfrey root, one ounce.

Agrimony, one ounce.

English gentian, half an ounce.

Boil the whole in three pints of water, down to a quart; add half an ounce of Spanish juice, and half an ounce of the curative powder; mix well, let it settle until cold, strain, and take half a wine glassful, cold, six times a day.

Should it so happen that the liver has become scirrhus, or hard, it will be well to leave out the gentian, and add to the mixture half an ounce of dandelion extract, and an ounce of horse radish root. Poultices of horse-radish leaves should also be applied, moistened, and bruised with olive oil; all salt meats should be carefully avoided; and the patient should take freely of the hot vegetables; such as the water cress, pepper, mustard and cress, &c. Perseverance in this course will ultimately remove it. Take the composition tea occasionally, during the use of the medicine; and remember that nothing but strict attention to the rules laid down will answer, when the disease assumes the scirrhus kind.

INFLAMMATION OF THE SPLEEN.

(SPLENITIS.)

THIS, like Hepatitis, comes on with intermitting sensations

of heat and cold ; thirst, fever, loss of strength, wakefulness, lassitude, sickness, and vomiting of green bilious matter, and often faintings and bleeding from the nostrils. There is a severe pain in the left side, extending generally to the bowels, diaphragm, and left shoulder ; and like the liver, the spleen often becomes enlarged and indurated. Treatment exactly the same as that recommended for the liver.

INFLAMMATION OF THE BRAIN.—

(PHRENITIS.)

THIS is a formidable form of inflammatory disease, and requires the most active treatment employed in the botanic practice. We shall mention some of the principal causes of it here, inasmuch as they are different in some measure from those of inflammation already mentioned. We have in fact carefully avoided filling our pages with useless matter, and the reader will understand every thing connected with inflammation and its causes, by making himself acquainted with our theory.

The causes then which give rise most frequently to this disease, are hard drinking, hard study, excessive labour, excessive grief, anger, anxiety, blows, sleeping under the hot sun, excessive venery, sudden stoppage of the natural evacuations, either of the bowels, menses, &c.

It is ushered in by severe pain in the head, redness of the eyes, flushing of the face, disturbed sleep, costiveness, retention of urine, ringing in the ears, and extreme nervousness. There is a wild incoherent unmeaningness about the patient, which may be observed in the rolling of the eyes, total suspension of sleep, and grinding of the

teeth. The whole or part of the above symptoms may always enable even an inexperienced practitioner to discover the disease of which we are now treating.

Immediately upon discovering the nature of the disease, put the patient into the vapour bath, with the blanket fastened just under the arms, and his feet resting in a pan of hot water and bran; raise the steam as hot as he can possibly bear it, while at the same time his head should be washed in cold water and vinegar, equal parts, for five minutes; and now a cold water cloth applied for another five, and so on alternately until he is taken from the bath, which should be in about twenty minutes. Some strong composition tea should be given while in the bath. He should now be wiped down, and the bed being all prepared and warmed the patient should be put into it, with the hot brick and vinegar cloth to the feet, and a nightcap wet with cold vinegar and water to the head. An emetic should now be given, and as soon as it has operated and completely cleansed the stomach, give twelve ounces of strong yarrow and composition tea well sweetened with treacle, as an enema; and while this is being done, let a medicine be preparing as follows:—

Wood betony, one ounce and a half.

Pennyroyal, half an ounce.

Raspberry leaves, one ounce.

Garden sage, half an ounce.

Mugwort, one ounce.

Skull cap and composition, equal parts,
mixed, half an ounce.

Boil the whole in rather more than three pints of water for ten minutes, with the cover on, strain, sweeten, and give in wine glass doses every half hour during the first six or eight hours, gradually decreasing the quantity.

Remember that the equalization of the circulation is

the great end to keep in view, and should this not be fairly accomplished by the above means, give the stimulating enema, follow on with the vapour baths and the application of the cold vinegar cloths.

Care must be taken when recovering from the disease not to take cold; let the food be light and nutritious.

Mix equal parts of the stomach bitters and composition and take half tea spoonful doses five and six times during the day; keep quiet, free from agitation, and warm; and a little time will be sufficient to complete the return to health. For the treatment of this disease in children see Hydrocephalus (page 53).

OF ADULT INFLAMMATION OF THE EYES. (OPHTHALMIA.)

THIS is simply the result of cold or obstruction arising from accident or from the improper treatment of other disease. Sometimes it is the effect of accidental inoculation with the venereal virus; when this is the case, it must be treated in the same manner as we should treat the disease from whence it originated. When the inflammation arises from obstruction or cold, put the feet in warm water twice a week, for five minutes, previous to going to bed; bathe the eyes in warm milk and water every night and morning; equalize the circulation, and follow out the directions given in page 61, increasing the strength of the medicines employed to suit the age and circumstance of the case. About twice the quantity there recommended will be found sufficient. This must be strictly attended to.

If the disease has had its origin through the gonorrhœal virus, follow the *course already recommended*, and make a medicine as follows, and take in connection with it:—

Mouse ear, half one ounce.

Dandelion root, one ounce.

Devil's bit scabious root, one ounce.

Bistort root, half an ounce.

Marshmallow root, half an ounce.

Bruise and boil the roots in two quarts of water down to three pints; now add an ounce of the anti-venereal powder, and boil for ten minutes more, mix well, strain, add two ounces of gum arabic, and a quarter of a pound of treacle. Take of this mixture four or six half wine glassesful daily.

This, if attended to, will remove every symptom of the disease; remember, however, the general treatment, for without that it will be doubtful, if not altogether useless. Should the eye or eyes be covered either wholly or partially with a white coating, film, or skin, it may, if not of too long standing, be removed by persevering with the following remedy:—Put a pint of boiling water upon an ounce of raspberry leaves, let it stand covered up until cold, strain clear, and add two table spoonsful of the pure No. 6, let this be put into a clean bottle, and the eyes be well washed with it four times a day. If the lotion be stronger than the eyes will bear, make it weaker by diluting it a little, although it will be necessary to use it pretty strong. If it can be borne, use it stronger. Keep off all kinds of eye washes generally used for this purpose, such as white vitriol, sugar of lead, &c. In conclusion, let us observe again that much must ever depend upon your own judgment; but this we fearlessly assert, if the theory of inflammation be understood and the remedies laid down

faithfully adhered to, the patient or practitioner will rarely fail of success.

INFLAMMATION OF THE EAR.

(OTITIS.)

THIS is occasioned like other inflammations by cold or obstructed perspiration.

It comes on with pain sometimes so severe as to produce delirium, occasionally producing convulsions.

As soon as ever the disease is found to exist, it should be treated as follows:—A hot poultice of marshmallow leaves and slippery elm should be applied between two cloths, and the ear affected placed over a jug of boiling water with a red hot stone in it, in order that the steam may be forced through the poultice and absorbed into the ear. This should be continued for at least half an hour, the patient at the same time having his feet in hot water and bran, and drinking freely of composition tea. As soon as this has been done, the patient should be put to bed, the hot brick and vinegar cloths applied to the feet, and the inner part of an onion, roasted, put into the ear as hot as it can be borne, and a flannel, two or three times double, as hot as possible, put to the ear and tied fast with a handkerchief or cloth. An emetic should now be given, and perspiration kept up by giving freely of composition tea.

The great object should be to prevent a suppuration or discharge, for it often happens that there is danger connected with it when this takes place. Should it so happen, however, that the inflammation terminates in ulcer, follow

out the treatment already recommended occasionally, and make a lotion as follows:—

Bistort root, one ounce.

Marshmallow root, one ounce.

Cut small and boil in a pint and a half of water down to a pint, strain clear, bottle, and inject into the ear with equal parts of new milk, blood warm, four or six times a day. A small bone syringe will answer every purpose here.

Make also a medicine as follows:—

Alterative powder, half an ounce.

Burdock root, one ounce and a half.

Sarsaparilla, one ounce.

Hemp or water agrimony, one ounce.

Bruise and cut the roots small, boil in three pints of water down to a quart, add the powder, and boil for five minutes more, strain, and add half an ounce of the extract of sarsaparilla. Take of this mixture from four to six half wine glasses daily.

Use the vapour bath once a week, and persevere with the medicine; for the end to keep in view is to discharge, by circulating the blood, the purulent matter, and to heal up before any of the complexed organs of the ear become injured.

PUTRID SORE THROAT.

(CYNANCHE MALIGNA.)

LIKE inflammation of every other form, this disease comes on with cold shivering, nausea, vomiting, restlessness, thirst, debility, fever, oppression of the chest, face flushed, eyes red, hoarseness of the voice, hurried breathing, soreness in the throat, swelling of the tonsils, &c.

The whole of the above symptoms are strong evidence

of the work necessary to be done, and the most superficial observer may see that the whole system is completely disarranged. Our first object must be the restoration of the circulation, and, second, prevention of the progress of the disease.

Put the feet immediately into warm water and bran for eight or ten minutes; give freely of composition tea, and while this is being done, prepare the stimulating poultice, put it between two cloths, and tie it around the throat as hot as possible; wipe the feet and body down all over in equal parts of vinegar and water, rub dry, put to bed, with the hot brick and vinegar cloths to the feet; give two pills, No. 1, and a strong tea of herbs as follows:—

Hyssop, half an ounce.

Self heal, one ounce.

Germander, one ounce.

Summer savory, half an ounce.

Composition and gum myrrh, mixed, half an ounce.

And as much cayenne as will stand upon a sixpence.

Boil the herbs for ten minutes in a quart of water, add the powder and cayenne, mix well, let it stand a few minutes, strain, sweeten, and give wine glassful doses as fast as possible until perspiration commences.

Let it be gently kept up by giving the medicine in smaller quantities after the first few hours. Prepare also the following:—

GARGLE, No. 1.

Powdered myrrh, quarter of an ounce.

Cayenne, quarter of an ounce.

Common salt, two tea spoonsful.

Pour half a pint of pure vegetable vinegar upon the whole, mix well, let it cool, strain, and use it as a gargle six or eight times a day.

Where the gargle cannot be applied, a bit of sponge fas

tened to the end of a stick may be used to wash the back part of the mouth and throat. If a few drops of the mixture be swallowed, all the better.

Use also the following as a gargle and remedy internally after the more violent symptoms have passed away:—

GARGLE, No. 2.

Bayberry powder, half an ounce.

Bistort powder, one ounce.

Cloves pulverized, quarter of an ounce.

Cinnamon powder, quarter of an ounce.

Pour a pint of boiling water upon the whole, mix well, let it cool, sweeten with honey, gargle or wash the parts freely, and give internally a table spoonful six times a day. If to a child a less quantity.

If bleeding from the throat should take place during the progress of the disease, give freely of the cayenne syrup and raise the perspiration as speedily as possible.

After the disease has passed away, small doses of the alterative powder may be taken for a few days: beware of taking cold; avoid salt meat, irritating food, and strong drinks.

INFLAMMATORY SORE THROAT.

(QUINSEY.)

THE symptoms accompanying this form of inflammation are of the same nature as the last. There is difficulty of *breathing* and of *swallowing*, dryness of the throat, foulness of the tongue, sometimes it is swollen and thickly furred, the cheeks become florid, puff up, and the patient is often compelled to sit up in bed for fear of suffocation.

The same method of treatment recommended in the last will answer every purpose in this. If the throat be well rubbed with the following:—

VOLATILE LINIMENT.

Sweet oil, an ounce.

Spirits of hartshorn, half an ounce.

Shake up well, and use previous to putting on the stimulating poultice, it will be beneficial, and if there is great difficulty of breathing give an emetic. Indeed emetics may be used with advantage in all forms of inflammatory disease, and where there is constipation give an enema; remember always to keep the determining powers to the surface, and if, despite all your exertions to resolve or absorb the inflammatory matter, it seems likely to terminate in suppuration, seek to promote it as soon as possible. For this purpose apply a simple poultice of common flour-meal and mallow leaves, and let the patient receive the steam arising from hot decoctions of mallows, rag-wort, fig-wort, or yarrow, into the throat. When the matter is formed, if the parts appear likely to close up, endeavour to open the tumour with a sharp point of a lance. It may be done by pressing down the tongue with the end of a spoon, and gently touching it by the side; there is neither pain nor danger with it, and it is always safer when it has arrived to a head to do it, than to suffer it to continue. Use the gargle No. 1 and 2, alternately, pretty freely; keep the heat up and all will now be well. Perseverance is sometimes very necessary in these cases, for they are often very tardy in their operations and baffle your best efforts. Where the enlargement of the glands extend through the passage, so as almost to prevent the swallowing of any kind of nourishment, it will be well to throw into the bowels two or three clysters or enemas daily, composed of thin gruel, arrow root, lentil or animal broth, for one great consideration in the cure of all diseases is the retaining the patient's strength, and we are often enabled

to do it by this means, when the obstruction is found to exist of which we are now treating. We may say, in fact, that the use of clysters is one of the safest and surest methods that it is possible to employ in inflammatory cases of every kind.

ST. ANTHONY'S FIRE.

(ERYSIPELAS.)

THIS is an external inflammatory form of disease, generally affecting the face and breast, sometimes giving rise to extreme swellings, suppurations, and blindness; and, like all other kinds of inflammation, commences with shivering, fever, thirst, loss of appetite, and strength, pains in the head and back, restlessness, with sometimes vomiting and delirium.

In mild cases, where the general health has not been reduced by previous disease, it will be sufficient to relieve the bowels daily with a simple injection of marshmallow tea, composition, and treacle, and to promote gentle perspiration, by giving the composition tea, keeping in bed for a few days, and bathing the parts affected with warm milk and water, wiping dry, and keeping them clean. Where, however, the disease assumes a violent form, it will be necessary to proceed at once to more active treatment. The vapour bath, composition tea, stimulating injection, emetic, or in other words, a full course of medicine will be necessary, and this will never fail to cut off the violence of the disease; after which, it will be necessary only to attend to the keeping up a gentle perspiration to the surface, and relieving the bowels. It is sometimes necessary to give two or three emetics during the progress

of the disease. The parts should be carefully washed clean with warm milk and water, continually, and wheaten meal and marsh mallow leaves mixed and applied hot between two cloths, and as fast as they get cold be warmed afresh. The bed clothes should also be changed, and everything should be kept clean and warm. The following medicine may be prepared, and given freely in wine glassfull doses hot two or three times an hour, for the first, second, third, and fourth day, gradually reducing it as the disease declines :—

Meadow sweet, one ounce.

Yarrow, half an ounce.

Pennyroyal, half an ounce.

Clivers, one ounce.

Composition powder, half an ounce.

Boil the whole for ten minutes with the cover on in three pints of water, let it cool, strain, sweeten, and give hot as directed. A half teaspoonful of the composition powder and lobelia herb mixed may be given from four to six times during the day in a little of the tea.

We have had much experience in cases of this kind, and have never yet known the above treatment to fail. A little of the stomach bitters and curative powder may be taken for a few days when the disease has passed. The patient should be careful to keep within door until the strength is properly restored. And now we pass from inflammatory disease to that of fever, and beg to observe before parting, that the practitioner, according to the theory laid down, will find it no great difficulty to understand the general causes and nature of the complaint already introduced. There will be, however, many shades of difference discovered in practice relative to the symptoms, form of the disease, &c. All this amounts to nothing. The great law in relation to all acute disease is the resto-

ration of balance in the circulation of the blood, keep the determining powers to the surface, by promoting perspiration; and ever bear in mind that the stomach is the great centre of sympathy upon which all the other organs entirely depend, and that the lobelia emetic is the most effectual agent ever yet introduced into the practice of medicine, and should never be neglected wherever it is expedient to rid the stomach of impurity. In all the cases enumerated, a full *Thomsonian course* will be found most efficient where the morbid symptoms are severe. (See *Thomsonian course*, page 51.)

OF FEVER. (FEBRILE DISEASE.)

It is admitted by men of the most profound research that nature asserts her superiority over all human exertion; hence it is that in all ages of the world men belonging to the most uneducated class (from the fact of their never having been mentally shackled by artificial rules) have discovered truths in the great economy of nature that the most learned never thought of—truths, which, while they brought down only persecution, contempt, scorn, and poverty upon their discoverers during their lives, nevertheless became in after ages the beacons to light the world to freedom.

One among the number of the world's true heroes is the honoured and revered *Samuel Thomson*. He it was who laid down the theory and treatment of *fever* so clear and forcible, that there is no possibility of mistaking it, and although thousands of works have been written upon the nature and cure of *fever* by the best educated and most

learned members of the medical profession, not one of them ever succeeded in satisfactorily explaining its true cause or pointing out its remedy, until the *American ploughman*, Samuel Thomson, undertook the task, and for the advantage of our readers we here give it in his own words.

DR. THOMSON'S THEORY OF FEVER.

“POSSESSING a body like other men I was led to enquire into the nature of the component parts of which man is made. I found him composed of four elements, EARTH, WATER, AIR, and FIRE. The earth and water I found were the solids, the air and fire the fluids. The two first I found to be the component parts ; the two last kept him in motion. The fuel which constitutes the fire, or life of man, is contained in two things, food and medicine, which are in harmony with each other, and often grow in the same field. People who raise their food, may as easily learn to collect and prepare their medicine, and administer the same when it is needed. Our lives depend upon *heat*, *food* is the *fuel* which kindles that heat. The heat is maintained in the stomach by consuming the food, and all the body and limbs receive their proportion of nourishment and heat from that source. By constantly receiving food into the stomach, which is sometimes not suitable to support and nourish the body, it becomes *foul* and incapable of action. This causes the body to lose its heat, then the appetite fails, the bones ache, and the man is sick in every part.

“This situation shows the *need of medicine* and the *kind needed*, which is such as will clear the *stomach and bowels*

and restore the *digestive organs*; when this is done the food will raise the heat again, and nourish the whole man. *All the art required to do this* is to know what *medicine* will do it, and how to *administer* it, just as a person knows how to clear a *stove* and the *pipe* when *clogged* with soot, that the fire may burn free and the whole room be warmed as before.

“ I have found by experience that the learned doctors are wrong in considering *fever* a disease or enemy; the *fever* is a *friend*, the *cold* an *enemy*; this I found by their practice in my family, until they had *five* times given them over to die. Exercising my own *judgment*, I followed after them, and *relieved* my family *every time*. *After finding* a *general principle* respecting *fevers*, and reducing it to *practice*, I found it sure in all disease where there was any nature left to build upon, and during three years' constant practice I never lost one patient. I attended all forms of fever, and soon began to give such information to the people as convinced them that they *might* as *certainly* *relieve themselves* of their *disease* as of their *hunger*. This greatly disturbed the learned doctors, and some of them undertook to destroy me, by reporting that I used poison. I considered it my duty to withstand them, though I found my overthrow was what they aimed at. A plan was laid to take me in the night, but I escaped. Next I was indicted as though I had given *poison*, and a bill brought against me for *wilful murder*; I was bound in *irons* and thrust into *prison*, to be kept there all the winter without being allowed bail. I petitioned for and obtained a special court to try the *cause*, and was honourably *acquitted* after *forty days' imprisonment*. In five years, whilst vindicating this new and useful discovery, I lost five thousand dollars, besides enduring all the persecutions, trouble, loss of health, and reproach, connected with it.

“ Much has been written upon fevers by the professedly learned doctors of medicine. They have been fruitful in inventing *names* for *every case*, and with great accuracy *distinguish* the *different symptoms*, but they appear quite barren as to the knowledge of their *origin* and *remedy*.

“ The first is but of little importance, the second everything, to all classes of the people.

“ What then is *fever*? Heat, undoubtedly, though a disturbed operation of it. But is there in the human frame more than one kind of heat? Yes; says the learned physician, *there* is the PLUERETIC HEAT, the SLOW NERVOUS HEAT, the YELLOW HEAT, the SPOTTED or COLD HEAT, the TYPHUS HEAT, and MANY other HEATS, and sometimes (calamitous to tell) one poor patient has the most or the whole of these fevers, and DIES at LAST for the WANT of heat. What is commonly called fever is the effect not the cause of disease.

“ The cold causes obstructions, and fever arises in consequence to throw them off. *Remove the cause* and the effect will cease. No person ever yet died of fever, for as death approaches the patient grows cold, until the *last spark of heat is extinguished*.

“ *Fever* takes its rise from one *great cause*, and one method of *removing* that *cause* will answer in all cases, for the great principle is to assist nature, which is heat, at the commencement of a fever. By direct and proper means it can be removed in twenty-four or forty-eight hours at the most; but where the patient is left unassisted, to struggle with the disease until his strength is exhausted, and more especially when the most unnatural and injurious administrations are made, if a recovery is possible it must take a long time.

“ Can any one behold without grief the drones of phy-

sicians, who after the space and practice of so many hundred years, have not discovered one single medicine capable of directly preventing and curing fever. And should any one pretend to make the least step towards such discoveries, their *hatred* and *envy* will be darted at him as a whole *legion of devils* against virtue.

“There is no other difference in all cases of fever (never mind by what name known) than what is caused by the different degrees of cold, or loss of inward heat, which are two adverse parties in one body contending for power. If the heat gains the victory, the cold will be disinherited, and health will be restored; but on the other hand, if cold gains the ascendancy, heat will be dispossessed of its empire, and death will follow of course. As soon as life ceases the body becomes cold, which is conclusive evidence that cold gaining the victory is the cause of death. In attempting to cure fever, we must consider whether it is a friend or enemy that we are battling with; if it be a friend as I hold it is, increase the power of heat, and life will bear the rule. The question whether the heat or cold kills in fever is easily decided, for that which rules in the body after death is what killed, which is cold. Heat bears the rule in health. The fashionable practice is to fight the remains of heat until the patient dies, by giving cold the victory, in which case is it not a fact that the doctor assists to kill the patient?”

We have here given the theory of fever as first discovered and introduced into the practice of medicine by Samuel Thomson, of America, some fifty years ago, and by Dr. Coffin, of America, into this country somewhere about the year 1837, during which time it has had all the prejudice, ignorance, selfishness, and cupidity, of the

world's interest to grapple with ; like all truth, however, it has fought its way and conquered.

We have given his own *ideas* and his own *words* as he himself gave them, and our reason for doing so is because we have not met with a single disciple of the system, who has in any way improved upon it, and strange, indeed, if they could, for *truth* can never be improved ; it is the perfection and end of improvement, and stands in itself as perfect as the power to which it belongs ; " the same to day, yesterday, and for ever." And although the scientific student may find it deficient of technicalities, it is still the perfection of *science*, being nothing less than *truth* based upon the eternal *conditions of nature*, nor will the wise man pass it lightly over because of the simplicity of its composition, for simplicity is the alpha and omega of *philosophy*, and the end of all philosophy is the discovery of *truth*.

We shall briefly remark, relative to fever that, like inflammation, heat never commences until the equilibrium or balance of the circulation is destroyed, and that the end of all our exertions must be directed to its restoration ; all that we know of its causes may be summed up in a few words.

We observed that inflammation had its origin in obstruction, originating in " colds neglected or improperly treated," and this cue has saved us a great deal of paper, ink, and time, and the reader his money also. It is therefore profitable to us all ; for instead of giving the long array of CAUSES to every form of disease, which is of no use whatever, but rather a positive evil, we content ourselves with the brief but correct conclusions laid down, and what we have already done in inflammation we shall now do in fever.

Fever has its origin then in an impure or vitiated condition of the blood and general obstruction in the circulation, and anything that corrupts the air, food, or water, necessarily predisposes the body to fever; hence it is found to prevail in low marshy districts, and among people of dirty habits, whose habitations are badly ventilated, and also in towns where the drainage and general sanitary regulations are neglected. It is also more prevalent in the fall of the year, when there is a greater amount of vegetable matter exhaled into the atmosphere, which, without a doubt, is absorbed or mixed with the blood through the lungs and skin. The immediate cause of fever is most undoubtedly obstruction. The body, as we have already observed, when surrounded with the above vitiated circumstances, is "necessarily predisposed to fever;" and when obstruction takes place, the *carbon, consumed matter, confined serum*, or whatever name you choose to give to the obstructed matter, is choked up within the body, the *heat* therefore instead of being thrown off with the poison, is confined, hence the fever; or in other words, *the obstructed heat and poisonous condition of the blood consumes the body and destroys the life*, by inducing putrefaction.

The celebrated Boerhaave said, speaking of the general symptoms of "fever," that he found only three; viz., "chilliness at the commencement, preternatural heat upon the surface of the body, and a quick and frequent pulse;" and these three symptoms are proofs of the correctness of our propositions; nor do we believe if we were to fill the whole volume with the causes and symptoms, that we could make it plainer; we therefore pass from the causes.

TYPHUS FEVER.

THIS form of fever may be classed under the heads of PUTRID, MALIGNANT, OR SPOTTED FEVER, &c. It commences with loss of appetite, restlessness, giddiness in the head, depression of spirits, heats and chills, and often with vomiting; bowels generally confined, although diarrhoea sometimes accompanies it. There is often cough, red and watery eyes, with bleeding at the nose, and difficulty of swallowing; as the disease advances red spots appear on the abdomen, with often a loss of blood from the mouth and bowels; the memory becomes imperfect, delirium sets in with great prostration, and a black crust covers the lips, teeth, and tongue: the stools are watery and oppressive; the patient now becomes lost in dull stupor; a twitching of the lips, eye-lids, jaws, and hands, may be noticed, followed with low murmurings, hicup, catching at imaginary objects, and finally death.

We should commence immediately by giving the vapour bath, followed by a full course of medicine, (See Thomsonian Course,) the body should be afterwards well rubbed down in equal parts of cold vinegar and water, (although this is understood, still we deem it necessary to mention it,) the hot brick should be applied to the feet, and gentle perspiration promoted and continually kept up. For this purpose prepare and give a medicine as follows:—

- Scurr cap, half an ounce.
- Composition powder, half an ounce.
- Garden valerian herb, one ounce.
- Field scabious, one ounce.
- Meadow sweet, one ounce.
- Strawberry leaves, one ounce.

Boil the whole in two quarts of water down to three pints, strain, sweeten, and give freely until perspiration has fairly set in ; after which a wine glassful every hour will be sufficient.

Let fresh clean bed clothes be applied every day, and above all look to the ventilation of the room. A course of medicine every day if the patient be strong enough to bear it, for the first three or four days, will not be too much. Let the *bowels, above all things, be attended to, by giving an injection daily.* If there is much thirst, a tea of tamarinds may be taken between the medicine. If the skin continues dry, with much fever, in addition to the medicine recommended give half a tea spoonful of composition and lobelia herb tea five or six times a day in a wine glassful of hot water, and wipe the body down daily in vinegar and water. If the bowels continue relaxed, give the bistort and composition powder, equal parts. Bear in mind that the moisture must be kept up upon the surface of the skin, and that the bowels are to be relieved daily by clysters. This is the general mode of treatment ; where, however, the disease commences with great prostration or weakness, the "course" must be avoided. Do not forget that the strength of the patient must always be the foundation of your treatment.

We remember while residing in Blackburn, having two cases of typhus at the same time ; one was a young strong out-door man, who worked upon the rails as a daily labourer ; the other was a young woman who worked in a mill ; the former we treated with the Course daily, for the first three days, and cured it, although it was a very severe case ; the other remained ill for a fortnight, and was treated by gentle perspiration, small doses of the lobelia, and very gentle laxatives. There will be but little danger with the disease if the above recommendations be attended to.

In order to restore the strength of the patient after the disease has entirely subsided, gentle doses of the curative powder, or stomach bitter powder, may be taken three or four times a day. A half tea spoonful in a wine glassful of cold water will be sufficient, increasing it a little in the course of a few days, gradually leaving it off altogether.

INTERMITTENT FEVER OR AGUE

Was at one time more common in this country than at present, although it is sometimes, during wet unfavourable seasons, very prevalent still, especially in the low marshy districts of Kent, Somersetshire, and Lincolnshire. It is called intermittent because of its regularly leaving and returning at stated times, sometimes every day, or every second, third, or fourth day. The paroxysm consists of three stages; first, a hot fit, then a cold, and lastly, a sweating fit. Treatment as the last, with the addition of one of the No. 1 pills, after each emetic, and six cayenne pills the last thing at night. One or two "courses" is generally sufficient for the removal of this disease. Add a table spoonful of the Peruvian bark to the medicine.

BILIOUS FEVER,

Like the last, is found to prevail most in low marshy districts during the latter end of the summer after heavy rains.

The symptoms are pains in the back, slight cough, rest.

lessness, sallow countenance, eyes yellow, mouth dry and parched, with little taste, &c.

Treatment in every way as the ague. Add, instead of the Peruvian bark, a table spoonful of the pulverized barberry bark.

SCARLET FEVER.

SEE scarlatina, and treat accordingly, by increasing the strength to suit the age of the patient.

SLOW OR NERVOUS FEVER.

THIS form of fever generally attacks people of relaxed and debilitated constitutions. It is caused by a general deficiency of vital heat, originating in excesses of all kinds, as well as fear, loss of sleep, excitement, sedentary employment, &c. Females are very subject to it.

It generally commences with trifling indisposition for some days after an excitement; at other times, the patient is at a loss to discover how it commenced, it came on so slowly, as to be almost imperceptible. Then follow dejection of spirits, want of appetite, sighing, chills, weariness, flushings, nausea, prostration of strength and spirits, heat in the palms of the hands, and soles of the feet, with general coldness in the other parts of the body. As the disease advances the symptoms become more severe, especially towards night.

In the treatment of this form of disease the most gentle means must be resorted to. The causes whatever they have been must be removed.

If the bowels are confined relieve them with an enema, or clyster of mallows, daily ; give also light nourishing food, and keep up a gentle perspiration, by giving the mallow, meadow sweet, and nervines, with a little composition, as follows :—

Marshmallows, one and half ounce.

Queen of the meadow, one ounce.

Skullcap powder, half an ounce.

Valerian powder, half an ounce.

Composition powder, half an ounce.

Boil the whole in two quarts of water down to three pints, mix well, strain, sweeten with lump sugar, and give six or eight wine glassesful a day, hot, to which may be added a little new milk.

After having given the above medicine for a day, it will be well to give an emetic ; this done, give the medicine again as recommended. It will also be well to take the patient out of bed every morning, and wash the body down with vinegar and water, equal parts ; wipe dry, put to bed, and raise gentle perspiration again.

This may be followed out until the symptoms have subsided, after which give a little of the curative powder, if to a male, or a little of the female corrective powder if to a female, and as soon as possible, if the season and means admit, change the scenery by getting the patient off for a week or two ; good cheerful society is, with a change of scene, a most *excellent physic*, and is one of the best restoratives, after the disease has passed, when it can be obtained.

We now conclude our remarks upon fever by merely saying, that the general mode of treatment here laid down will be found in all cases to answer. The practitioner himself must look to the exceptions, for there is not a single form of disease but what the general rule is appli-

cable to; whilst, at the same time, there are exceptions to all, and the judgment must be the guide in all cases.

Additions to the medicines prescribed in different cases, with other simple and compound remedies, connected with the subjects already treated, which may be used at any time in cases of emergency, when those recommended may not be at hand, or when our numerous agents in town and country may happen to be deficient of the articles laid down. Nature has been most prolific in her supply of remedies, and we will not be niggardly in pointing out her treasures; although it must be remembered that our book can only contain a moiety of her exhaustless store. "*Hic patet ingeniis campus.*"—Claudian. *Here is a field open for talent.*

Aperient Pills, No. 1.—Excellent for relieving constipation, pains in the stomach, biliousness, &c.

Best socatrine aloes, ... $\frac{1}{2}$ oz.	Kircuma, $\frac{1}{4}$ oz.
Best Turkey rhubarb, ... $\frac{1}{2}$ oz.	Best ginger, $\frac{1}{4}$ oz.

Lobelia seed and cayenne equal parts, a small tea spoonful.

Mix the whole into a mass, with a sufficient quantity of thinly dissolved gum arabic, and form into pills of a moderate size, of which one or two at night may be taken, or two at night and one in the morning, as required.

No. 2, Cough Pills.—Excellent in asthma, consumption, old standing coughs, hoarseness, &c.

Lobelia seed, 1 oz.	Cayenne, $\frac{1}{4}$ oz.
Lobelia herb, $\frac{1}{2}$ oz.	Pulverized Anise, $\frac{1}{2}$ oz.

Mix the whole in thickly dissolved gum arabic, divide into pills, and take two in the morning, two at noon, and two at night, or more or less as required.

No. 3, Pills.—For jaundice and liver complaints.

Best extract of dandelion, 1 oz.	Best mustard, $\frac{1}{2}$ oz.
Best socatrine aloes, $\frac{1}{2}$ oz.	Cayenne, $\frac{1}{4}$ oz.

Mix as the aperient pills, and take as the cough pills, or more or less as required.

No. 4.—Hysteria or Nerve Pills.

Assafoetida, $\frac{1}{2}$ oz. Gum myrrh, $\frac{1}{4}$ oz.
 Valerian powder, $\frac{1}{4}$ oz. Best socatrine aloes, $\frac{1}{4}$ oz.

Mix the whole with gum arabic, divide into pills, and take two night and morning. They are excellent in nervous coughs, hysterical complaints, lowness of spirits, &c.

Antiscorbutic or Alterative Powder.—Excellent as a purifier of the blood. May be used in scurvy, scrofula, blotches upon the skin, &c.

English Rhubarb root, $\frac{1}{2}$ oz. Dandelion root, $\frac{1}{2}$ oz.
 Burdock root, $\frac{1}{2}$ oz. Wintergreen, $\frac{1}{2}$ oz.
 Sarsaparilla, 1 oz. Ginger, 1 oz.

Diuretic Powder.—Excellent in all obstructions of the urethra, kidneys, stone, gravel, &c.

Buchu, 1 oz. Ginger, $\frac{1}{2}$ oz.
 Uva ursae, $\frac{1}{2}$ oz. Cinnamon, $\frac{1}{2}$ oz.
 Queen of meadow root, $1\frac{1}{2}$ oz. Parsley root, $1\frac{1}{2}$ oz.

No. 6.—Pure or Tincture of Myrrh.

Gum Myrrh, 1 oz. Cayenne, a tea spoonful.

Mix in a bottle with half a pint of pure spirit of wine, shake it up daily for four days, strain, and use for old sores, sprains, bruises, ulcers, fresh wounds, cuts, &c.

Stomach Bitters.—Good in creating an appetite, and strengthening the digestion after the removal of an attack of disease.

Balmony, 1 oz. Ginger, $1\frac{1}{2}$ oz.
 Poplar bark, white $1\frac{1}{2}$ oz. Cayenne, $\frac{1}{4}$ oz.
 Bayberry, $1\frac{1}{2}$ oz. Cinnamon, $\frac{1}{4}$ oz.

Healing Salve.—Used in burns, scalds, old ulcers, tumours, cuts, flesh wounds, &c.

Bees' wax, 1 oz. Mutton suet, 2 oz.
 Burgundy pitch, 4 oz. Olive oil, 6 oz.

The mutton suet should have been previously melted, when it may be gently simmered over a slow fire, with the bees' wax and pitch, stirring it during the time to mix well; when done it may be taken off, and the olive oil poured in. Mix well until cold. More or less oil may be added as the consistence may require.

Linament.—For weak joints and backs, sprains, lumbago, and rheumatism.

Gum myrrh, pulv., 1 oz. Gum ammoniacum, 1 oz.
 Cayenne, $\frac{1}{4}$ oz.

Pulverize the gum ammoniacum well in a mortar, cut half a pound of white soap thin and small, and mix the whole in a full pint of the best whiskey. Shake it daily until dissolved, strain, and use when required.

Syrup.—For gently relaxing the bowels; good either for children or adults.

Best senna, $\frac{1}{4}$ oz. Best Turkey rhubarb, ... $\frac{1}{2}$ oz.
 Powdered ginger, $\frac{1}{2}$ oz.

Pour a pint of boiling water upon the whole, mix well, sweeten with coarse brown sugar, let it stand twenty-four hours, strain off, and add a table spoonful of No. 6, pure. Give from tea spoonful to table spoonful doses, as required.

No. 1, Composition Powder.

Cayenne, $\frac{1}{4}$ oz. Ginger, 2 oz.
 Bayberry, 6 oz. Cinnamon, $\frac{1}{2}$ oz.
 Pinus Canadensis, $\frac{1}{4}$ oz. Cloves, $\frac{1}{2}$ oz.

No. 2, Composition Powder.

Poplar bark, 4 oz. Cloves, 1 oz.
 Bayberry, 8 oz. Cinnamon, $\frac{1}{2}$ oz.
 Ginger, ... 4 oz. Cayenne, $\frac{1}{4}$ oz.

Syrup.—For croup, sore throat, &c.

Gum myrrh, $\frac{1}{4}$ oz. Lobelia herb, ... a teaspoonful.
 Cayenne, a teaspoonful.

Pour a pint of boiling water upon the whole, mix well, add six ounces of lump sugar, strain, and give in tea spoonful, table spoonful, or half wine glassful doses, according to age.

Good Wash.—For old ulcers, scrofulous sores, bad legs, scabbed heads, &c.

Mouse ear, devil's bit, and rag-wort.

Pour boiling water on sufficient to cover, boil for ten minutes, strain off upon pulverized myrrh at the rate of a quart of the liquid to an ounce of the myrrh, and half a tea spoonful of cayenne. Mix well, let it cool, strain, and use cold previous to applying the No. 6 and healing salve.

Another Linament.—For rheumatism, sprains, &c.

Brown soap, cut thin and small, 4 oz.

Hartshorn, 1 oz.

Add half a pint of the best brandy,

Shake up daily until all is dissolved, and use as required.

British herbs that may be used with advantage in the absence of those already recommended.

Archangel or Dead Nettle.—Good in diarrhoea, whites, fevers, and bowel complaints.

Avens Root and Herb.—Good in bleeding at the lungs, colic, and relax.

All Heal or Wound Wort.—Excellent as a wash for wounds, and if applied as a poultice, green, will prevent gangrene and heal quickly.

An ointment may be made from it while green, and used with advantage in all cases of accidental wounds, or in old wounds, ulcers, &c.

Brook Lime.—Good in scurvy, sore eyes, and all impurities of the blood.

Broom Tops.—Good to relieve the water, and may be used after fevers to cleanse the kidneys and water passages.

Cinque Foil, or Five-leaved Grass.—Root excellent in relax, flux, &c. Leaves good in typhus fever.

- Fumitory*.—Excellent in scabbed head, scurvy, ring worm, and all impurities of the blood.
- Hedge Hyssop*.—May be employed in the absence of senna or mountain flax, and used like these with ginger, cinnamon, or cloves, for opening the bowels and purging off foul humours, &c. It is also good in intermittant fever or ague.
- Daisy Roots and Flowers*.—Good in coughs, asthma, and dropsy.
- Fig-wort*.—Good to purify the blood. The roots are most excellent made into an ointment for the piles.
- Rosemary*.—Most excellent in all nervous diseases, head-ache, and trembling of the limbs. May be used with advantage in slow or nervous fever in the form of tea.
- Lupine*.—The common garden kind is good for a wash for scabbed heads; may be used to clear the kidneys, and relieve the water after fevers, inflammations, &c.
- Common Hop*.—A decoction is good to promote sleep in all nervous diseases, tremor, and restlessness. They should also be prepared in the form of a pillow, with the patient's head resting upon it instead of any other. They may also be used with good effect for worms in children, and chopped up with equal parts of bread; they make a good poultice for old ulcers, bad legs, &c.
- Mullein Leaves*.—Used with advantage in flux, bleeding at the gums, piles, relax, &c.
- Knot Grass*.—Excellent in the periodic discharges of females, whites, fluxes, and all relaxes of the stomach and bowels of children and adults.
- Marjoram, (wild.)*.—Good to promote perspiration; used in fevers, inflammations, and colds.
- Marjoram, (sweet.)*.—Good to keep out the measles, chicken pox, small pox, &c.
- May Weed, or Wild Camomile*.—Good in fevers, inflammations, and colds.
- Motherwort*.—Excellent in slow nervous fevers, chronic nervous affections, palpitation of the heart, &c.
- Tansy*.—Excellent in fevers, dropsy, &c.

Cough Syrup.

Horehound, 2 oz. Garlic, 1 oz.

Comfrey root, 1 oz. Lobelia herb, ... a teaspoonful.
 Skunk cabbage, pulv., ... $\frac{1}{2}$ oz. Ginger, ... a large table spoonful.
 Cloves, a table spoonful.

Bruise and boil the root and garlic in three quarts of water down to two, with the cover on, add the herbs and powder, and boil for ten minntes more, strain off upon a pound of coarse brown sugar, mix well, let it settle, and when cold strain off clear. Take, if an adult, a table spoonful four to six times a day, or less or more. It may also be used in coughs for children with great success.

Another Cough Mixture.

Valerian herb, $\frac{1}{2}$ oz. Colt's foot, 1 oz.
 Liquorice root, 1 oz. Onions, 1 oz.
 Self heal, $1\frac{1}{2}$ oz. Lettuce, 1 oz.
 Lobelia seed, a tea spoonful.

Cut the roots small and bruise them well, after which boil them in two quarts of water down to three pints; add the herbs, and boil for five minutes more; now add a quarter of an ounce of scull-cap powder and two table spoonsful of powdered ginger, mix well, strain off upon half a pound of coarse sugar and a quarter of a pound of honey; let it all settle, and when cold strain off. This may be taken as the last, and will be found most excellent in nervous coughs, sore throats, and hoarseness.

Another excellent Medicine.—For inflammation of the eyes, and may be taken with advantage in all cases of inflammatory disease.

Raspberry leaves, $\frac{1}{2}$ oz. Senna, $\frac{1}{4}$ oz.
 English rhubarb root, ... 1 oz. Ginger root, 1 oz.
 Pellitory of the wall, ... $\frac{1}{2}$ oz. Clivers, 1 oz.

Bruise and boil the roots in two quarts of water down to three pints, now add the herbs and boil for ten minutes more, strain, sweeten with coarse sugar, and give or take sufficient to move the bowels about three times a day. This is also good in scurvy cases.

Wash, to use for Inflamed Eyes, Old Sores, &c.

Pour boiling water upon raspberry and blackberry leaves sufficient to cover them, let it stand until cold, strain clear, and add at

the rate of a table spoonful of the No. 6, pure, to half a pint of the decoction. This may be used four and six times a day, with the greatest advantage, in connection with the medicine recommended above. It may be increased in strength as the eyes become able to bear it.

A Medicine for Children and Adults.—Most excellent in diarrhoea, dysentery, relax, &c.

Cranes' bill,	1 oz.	Bistort powder,	$\frac{1}{2}$ oz.
Burnet herb,	$\frac{1}{2}$ oz.	Cloves,	$\frac{1}{2}$ oz.
Blackberry leaves,	$\frac{1}{2}$ oz.	Pulverized myrrh,	$\frac{1}{4}$ oz.

Boil the whole in three pints of water for ten minutes, strain, add half a pound of lump sugar; give as the cough mixture, or oftener, daily.

And now having passed through part the third, we beg particularly to observe, that if the reader should find anything unexplained, either in the theory or practice, he will oblige us by carefully reading the parts over again, and if it be so, we beg him to remember that, in consequence of our being compelled to limit the pages, in order to bring it within the reach of the working classes, there may possibly be things left undone that might have been done had we more room for the purpose. We can only ask for the reader's indulgence, and venture to hope that some more able writer may quickly improve upon our short *comings*.

Part the Fourth.

OF GENERAL DISEASE, INCIDENT TO ADULTS OF BOTH SEXES.

INDIGESTION.

(DYSPEPSIA.)

THERE has been no form of disease upon which more has been said and written than upon this ; the reason of which is obvious, when we consider that it has taken up its residence in every civilized community, and almost in every family.

INDIGESTION has become a household word, and there are few who have arrived at the middle age of life but know what it is practically, for there are not many who escape it. We need scarcely say, then, that it is a disease of the stomach, an incapacity to digest the food, and that a disease which has become almost universal must have many causes.

CAUSES.—It may arise from an inherent deficiency of vital power, or from *exposure to cold*, or it may be induced by over eating, excesses in drinking, tobacco smoking, great mental excitement, tight lacing, sedentary pursuits, in ill-ventilated rooms, factories, &c., or it may be that the continual use of hot tea and coffee has much to do with it ; one of the most prolific sources of the disease, without doubt, is the continual use of doctor's drugs. Colds and inflammations, the most prevailing maladies, have been treated entirely upon a false theory, and the medicines given to remove them, have induced indigestion by weakening the general system, and injuring the stomach ; and

when we consider that, until within the last thirteen years, the whole category of diseases incident to humanity in this country, from childhood and upwards, were under the absolute control of the faculty, and that the agents employed were of a highly injurious and poisonous nature, we may easily conceive reasons sufficient to enable us to discover, in connection with the follies and fashions of life, and general physiological ignorance, where the full causes of INDIGESTION lie.

In speaking of the *symptoms* we may briefly observe that they entirely baffle the powers of description, nor can we, in many instances, tell how, or in what manner it originated. The most common symptoms are distress and pain at the pit of the stomach, heartburn, lowness of spirits, constipation, sour belching, wind, restlessness, sensibility to cold, pain and dizziness in the head, with palpitation, sickness, loss of appetite, fulness, pain after eating, &c. As the disease advances the mind becomes depressed, melancholy, and deeply-seated nervousness, are observable, there is coldness of the hands and feet, yellowness of skin, clay coloured stools, dark sandy coloured urine, bile, water brash, a clamminess and wasting of the body, which finally end in death.

Before we may reasonably expect to treat dyspepsia with success, it is necessary that we prevail upon our patient to lay aside the habits, whatever they may be, that induced the disease.

I make a point always to examine the sufferer closely, whether male or female, and if this is done the practitioner will rarely fail to discover the causes; he must then persist in their being laid aside. As soon as this is done medicine may be administered, and he who wishes to treat

it successfully must attend to this, or he will fail in his object.

In mild cases it will be sufficient to see that the bowels are attended to, by taking a pill or two of No. 1 at bed-time, and a tea spoonful of the composition powder after every meal. This if persevered in for a week or two will often be found to remove it. When the disease has advanced beyond what may be considered the first or incipient stage, it will be necessary to adopt a more stringent method of *treatment*. Attend to the bowels then, and take the composition as recommended above, and in addition, take of the following :—Compound lobelia pills.—Equal parts of pulverized lobelia seed and cayenne, mixed with gum, sufficient to bind the mass, divide into pills, and take from three to four at bed-time ; should there be an inclination to vomit, after taking the pills for a few days, the patient should take six or eight of them when warm in bed, drink freely of the composition tea, or he may take the *lobelia emetic*. This done, a medicine as follows may be prepared and taken :—

English gentian, one ounce.

Centaury, half an ounce.

Raspberry leaves, one ounce.

Garden mint, half an ounce.

Marshmallows, one ounce.

Boil the whole in two quarts of water down to three pints, add a small tea spoonful of cayenne, and boil with it, strain, and add half an ounce of Spanish juice.

Take of this mixture four half wine glasses daily. Take, as the strength begins to improve, a vapour bath weekly, and if the stomach continues to engender sour bilious matter, take another emetic, or the compound lobelia pills, and so on, until the symptoms cease. Attend carefully to the following rules :—Eat no more than the stomach can

digest, and eat only when inclined ; let the food be such as will best agree with the stomach ; keep the feet warm ; take all the exercise possible ; avoid taking cold, or getting wet. The medicine recommended above may be changed after a week or two, and the curative powder taken in its stead ; after which the stomach should be suffered to rest from the use of medicine for a week, when we should again commence, go on for a week or two, and then rest alternately. As the body increases in strength it should be well rubbed down every morning with a coarse dry cloth, a little composition taken in equal parts of warm water and milk, and a good walk taken into the open air. The dry cloth should, as the health improves, give place to one moderately damp with cold water, the body should be well rubbed with the dry cloth after, the walk and composition continued, and now a little cold water may be taken if a good pure spring can be found, after which a moderately brisk walk to raise the heat and promote a gentle moisture upon the skin ; this course will rarely fail to cure the most severe dyspeptic cases. We remember, while lecturing and visiting Leicester, in the year 1849, that a gentleman who had suffered severely for many years was entirely cured by our treating him in this way, and so grateful was he that, when we were about to leave the town, he presented us with a sovereign as a mark of his gratitude for the benefits received.

If the disease has extended to the bowels, which may be known by their tension and pain, give an injection or enema daily, and let the Thomsonian course be followed out at least once a week. Severe pain in the pit of the stomach may be relieved by taking three or four cayenne pepper pods, or by taking out the inside of a couple of raisins, filling them with cayenne, and swallowing them.

This is a most excellent plan of taking it, as the heat, which is the thing required, is kept up the longer by confining the pepper within the raisins. Persons of gouty habits, who suffer from spasm, will find the raisins an excellent remedy, particularly if the stimulating poultice of ginger, mustard, and meal, be applied, and a cup of hot composition be taken immediately after the raisins have passed into the stomach.

We are satisfied that the most stubborn cases of dyspepsia may be cured if the patient be treated as directed. As soon as the strength has become sufficiently established, the cold dash may be administered after the vapour bath, followed by the composition and exercise; and if a cold shower bath, towards the conclusion of the treatment, be administered every morning, the cure will be soon completed.

CONSTIPATION OF THE BOWELS.

(COSTIVENESS.)

THIS complaint is sometimes constitutional, and in that case very difficult to remove. It is, however, much oftener the result of great faults committed in relation to the economy of health. The practice of smoking is one of the causes, for by its continual action upon the secretory surfaces of the palate and stomach, the saliva and gastric juice become diminished, as well as vitiated, the nervous system depressed, the liver weakened, and the action of the bowels torpid. In this condition the pipe is again resorted to; the system, narcotized and relaxed, now finds a passage for the fœces, and poor foolish men, and often females, imagine that when this takes place it is effected by the

sanative instead of the life destroying properties of the accursed weed. The practice of giving laudanum, composing draughts, and patent cordials, to children, also weaken the system by the same action as the tobacco; hence the disease in our manufacturing towns is often laid in infancy. This is done for the purpose of removing some trifling pain in the first place, or for causing the child to sleep, while mother goes to mill, or grandmother or nurse does her washing. One dose begets the second, and so on; another bottle must now be had, and thus the whole nervous sensibility becomes diminished, the bowels become confined, and are now relieved by a dose of castor oil, rhubarb, or senna, only to have the narcotics administered again. Females are often greatly troubled with costiveness, arising from the want of proper exercise, and by the foolish habit of stay lacing, tea and coffee drinking. Such also as habituate themselves to hot stimulating wines and liquors suffer from it, and dyspeptic patients whose livers have become torpid and incapable of secreting the healthy gall, so essential in promoting the general harmony of the body. But one of the most prolific sources of the disease, is *patent pill swallowing*, with the continual use of castor oil, salts, &c.

All these things have a direct influence through the stomach, and in thus forcing it to act artificially, the general tone of the whole body becomes so weakened that it cannot go on, unless by this means; each dose is taken only to produce greater debility, until finally the general action is destroyed, and the vessel becomes a wreck. The curative means, like dyspepsia, must begin by laying the causes aside. Let this be first done, and then resort to a total change in habits and diet.

Use ripe pears and apples, either roasted or boiled, in-

stead of butter; use raisins, or figs, and the syrup of treacle. The lentil flour and coarse wheaten bread will be highly useful. Avoid all salt meats and hard indigestible food, and the total abstinence from animal food will in many constitutions entirely remove it. When the above recommendations are fairly entered upon, the patient may begin to take physic, but not before, for no medicine possesses the power to counteract physiological violation. Nature is always ready to help, if properly treated, but where opposed, is a severe "master."

The habitually costive may also do much by soliciting nature at a certain hour every day. Begin then by relieving the bowels with a simple injection or clyster daily. Inject eight ounces of thin water gruel well sweetened with treacle, gradually diminishing them from one each day to one every other day and so on, until the system has regained its strength.

A medicine may now be made as follows, and given in half wine glassful doses four times a day :—

Marshmallow root, one ounce.
 Bistort root, one ounce.
 White poplar bark, one and a half ounce.
 Ginger root, half an ounce.

Bruise and boil the whole in two quarts of water down to three pints, sweeten well with treacle, and add half a tea spoonful of cayenne.

This may be taken as recommended with a pill or two of No. 1 occasionally, particularly if there are pains in the head at any time. It may then be laid aside, and the system be permitted to rest itself for a week, as in the case of indigestion, and then taken again, following out the same rules relative to exercise and the baths. And now, we think, we hear some medico-botanic practitioner

say, "Why, bless my heart you have recommended the bistort to cure *constipation*. This is an astringent, and must have the effect of only increasing the evil." To which we reply by saying, true, 'it is an astringent,' but it does not therefore follow that it will increase the disease; on the contrary, it is both an astringent and general strengthener of the stomach, most powerful in the removal of the artificial membrane and mucous coating, always connected with this disease; and instead of increasing the constipation, it will, by generally relieving the intestines and stomach of the obstructive matter, bring about the healthy action much quicker than any other remedy. Dr. Comfort, of America, recommends the bayberry for the same purpose, but having tried them both, we find the bistort to be preferable.

Should the disease be connected immediately with the liver, which may be known by the yellowness of the skin and eyes, pains sometimes between the shoulders, back, and sides, add one ounce of the barberry bark to the above mixture, and half an ounce of the extract of dandelion, and occasionally take the curative powder for a change. Perseverance recollect is absolutely necessary, and although in curing constipation of the bowels, generally the result of long continuous follies or neglect, we cannot always promise a speedy cure; nevertheless, if the above recommendations be attended to, success will often follow, even quicker than we have a *right to anticipate*.

COLIC.

THERE are three kinds of this disease generally allowed by medical writers, known by the following names:—

WINDY, OR FLATULENT COLIC, BILIOUS COLIC, and PAINTER'S COLIC.

Persons of weak digestion, such as work upon metals or other poisonous matter, are principally liable to suffer from it.

The disease commences with a feeling of fulness and distention of the bowels, sometimes immediately after eating, at other times not until two or three hours after. In some instances it will follow immediately after drinking either cold water, lemonade, or liquid of any kind. The pain lies chiefly about the navel, forcing as it were the body to bend forwards; the patient twists his hands and body about, and presses them hard upon the bowels.

It is often connected with constipation, and if wind can be passed relief is found. Sickness of the stomach generally accompanies the disease.

Our method of treatment is to give at once a table spoonful of the No. 6 pure in a tea cupful of strong ginger and sweet flag-root tea, put to bed, and apply flannels wrung out of hot water, hot hops, or the stimulating poultice, apply the hot brick and vinegar cloth to the feet, give freely of composition tea, followed with the injection or enema recommended for inflammation of the stomach, give the emetic of lobelia and composition, and keep up the perspiration to the surface; this method of treatment is certain, although the No. 6 pure, two pills of No. 1, and the raisins, with the cayenne, will often remove every symptom if followed with the composition tea. We prefer always, however, to give the emetic as well, and the injection. The compound lobelia pills are useful, and relieve the stomach by producing vomiting if six or eight of them be given. Directly the offending matter has been carried away, and the pores of the skin opened, the disease is re-

moved. The patient may, upon recovering from the attack, take equal parts of the composition and curative powder for a few days. Be careful not to take cold.

For colic in children, wind, or flatulency, gripes, convulsions, &c., see p. 31.

CHOLERA MORBUS.

THIS is a disease attended with violent purging, constant desire to stool, griping pains, and vomiting. It has increased of late years in our thickly populated manufacturing districts. It usually comes on suddenly, with distress and pain at the pit of the stomach, and is so severe at times that there is a difficulty of distinguishing it from the ASIATIC CHOLERA. It is most frequent in autumn, and without doubt owes much of its violence to atmospheric causes, although the principal or predisposing causes lie in obstructed perspiration, intemperance, &c. It is always dangerous when it attacks those of weak, relaxed, and debilitated habits, and where mercury has been previously taken, or if opium, calomel, or other poisons and narcotics have been given at the time, whether by the medical attendant or otherwise, it will, if there be great constitutional debility and age, almost always prove fatal. We would strongly advise our readers to be careful in treating cases of this kind where the patient has been previously treated in this way.

Begin the *treatment* by giving tea spoonful doses of composition and lobelia herb ; mix two of each in a pint of hot water, sweeten, mix well, and give in tea cupful doses every twenty minutes until the whole is taken. Pay no attention to the vomiting, it matters nothing whether it vomits

the patient or not, *give it*, at the same time applying a hot brick to the feet; relieve the bowels by giving an injection of marshmallow tea, ten ounces, with a tea spoonful of composition and gum myrrh, mixed, and sweetened well with treacle.

This done, raise the perspiration by giving freely of composition tea, after which, when the pains have ceased, prepare and give the following medicine :—

Cranes' bill, one ounce.

Wood sage, one and a half ounce.

Ground ivy, half an ounce.

Wild mint, half an ounce.

Spear mint, half an ounce.

Anti-cholera powder, quarter of an ounce. *

Boil the whole in three pints of water down to a quart, with the cover on, strain, sweeten with lump sugar. Add two ounces of gum arabic pulverized, mix well, and take it in wine glassful doses six to eight times a day for the first day or two, gradually diminishing it as the disease subsides.

In slight attacks the composition and bistort powder, mixed in equal quantities, sweetened with lump sugar, and taken in tea spoonful doses, will be sufficient to remove it. The great object should be to raise the heat, open the pores of the skin, and carry off the offending matter through the stomach and bowels.

The stimulating poultice, hot flannels, and the No. 6 pure, may be applied to the bowels alternately. As soon as the disease is gone off, let the patient lay in bed for a time and kept quiet, and take a little composition or spiced bitters; avoid hard indigestible food, pastry, salt meat, ham, &c. Milk porridge, oatmeal porridge, tapioca, flour porridge, lentil, &c., will be the most proper food.

INFANTS' CHOLERA.

(CHOLERA INFANTUM.)

TREATMENT in every respect the same as the last, differing only in degree. See vomiting and purging of infants. Give the vapour bath in all infant cases if possible. Let the mother or father take the child upon the lap if it be two years of age or above, or even if under this age give it if possible, and, after which, raise the heat with the stimulating medicine.

Where the cholera morbus proves stubborn, in adult cases, the vapour bath may be administered with advantage. The above treatment will never fail if it be properly carried out. Recollect, there is no time for trifling. Remember the remarks relative to *opium*, *calomel*, &c.

OF ASIATIC CHOLERA.

THIS is also a form of disease in every respect similar to that already treated, the difference being simply in the virulence or degree. It is supposed to have originated in India, where it committed much havoc among the inhabitants; from whence it passed into America, and from thence into Europe. We do not intend giving a history of the disease, as this will do but little towards enabling us to cure it. Doubtless this, like the cholera morbus, owes much to atmospheric *causes*, and the want of attention to sanatory regulations, cleanliness, &c. In the years 1831-32 it carried off some thousands of the inhabitants of this country, without paying any very great respect to

parties, although the poorer portion of the population generally suffered the most. From that time up to the present it may be said to have continued amongst us; still its ravages have not been so fatal since, unless we except the year 1849, in the autumn of which it proved very severe. We were at that time engaged with Dr. Coffin, at Manchester, and were lecturing and practising our system in Bradford, Wakefield, and neighbouring towns. Too much praise cannot be bestowed upon DR. COFFIN for his attempts to mitigate the ravages of this disease, in which he succeeded so admirably, that we do not hesitate to declare him to have been the means of saving thousands of lives, and had his remedy been introduced to the world as the discovery of some legally qualified medical practitioner, there is no doubt but that it would have received a reception and circulation a thousand times greater, and that numbers who now rot in the dust might still be fulfilling the duties of life. Dr. Coffin, however, was only an innovator; he had long battled with the errors and death-dealing practices of the schools, and the parties whose interest it is to support the errors of society could not, dared not, do him justice. The poor alone, or such of them who had been made acquainted with the system of medical botany, knew of its power in arresting and curing the disease, and, despite opposition and prejudice, *dared to save their lives*; those who knew it not perished with the mass, and were soon forgotten. But not so with Dr. Coffin's *cholera powder*, it has secured a position for itself, and future years will without doubt tell a tale regarding it. It will be known with the name of its author when the author himself shall have been called to his last account. And had Dr. Coffin done nothing more than prepare the cholera powder, it should have been sufficient

to have commanded for him a niche in the temple of fame. All honour then to Dr. Coffin, the world owes him much; he it was who first brought the American vegetable practice, or medical botany, to this country. Alone and poor he battled for years with hydra-headed monopoly and deeply-seated prejudice; his moral courage and conviction in the power of his principles sustained him in the unequal combat, and he finally came off the conqueror. We owe him much then, and here offer, as one among the many, our poor but humble tribute to *his* memory.

We have already said that it is the same form of disease as the cholera morbus, differing only in virulence and degree. Our remedies, therefore, must be sufficient to meet the extra severity of the case. Immediately upon suspecting the attack, let the following directions be attended to: give the medicine, and follow out the treatment recommended in the first stage of cholera morbus. This should never be neglected, excepting in cases where the body has become greatly exhausted; when this is the case, resort at once to the *anti-cholera powder*, and to the *injection*. We do not know that we can do better than insert the directions for using the powder, which we wrote while with Dr. Coffin, in 1849, for general distribution.

It will be seen that we recommend the emetic to be given in the incipient or primary stage of the disease, and recommend it not to be done where the disease has been neglected and has advanced to the third and fourth stage. Our object must now be to arrest the progress of the disease without further prostrating the body; we can always afford to do it in the first stage, and even in the second, with the conviction that the vital power, by throwing off the poison from the stomach, relaxing the contracted tissues, and opening the pores, will still retain a power to

which, by being forced back upon the system and fulfilled the task allotted to it by nature, engenders results as manifested in a diseased body, from the snuffle in the head, tightness on the chest, and discharge of mucous from the nose (the effect of cold), to the terrible war betwixt life and death as seen in the struggle of agonized humanity, in its endeavours to throw out poison which gives existence to the scourge known as English cholera, cholera morbus, and Asiatic cholera. All who value life and health, from the highest to the lowest class, the anti-cholera powder will be found a most valuable remedy, and may be taken upon every occasion where the patient suspects an obstruction in any of the secretions of the body. A single tea spoonful of this powder, in a tea cupful of warm tea, will, if taken in time, often produce a reaction in the solids and fluids of the body, which, by creating a gentle warmth in the stomach and alimentary canal, forces the congesting blood to liquify, the whole vascular system to rarify, the fire of life to burn active, and the machine to work as if it had never received the check.

DIRECTIONS FOR USING THE POWDER.

1st Stage.—Should the person feel a cold shaking or shivering sensation, go to bed immediately; let some ginger or pennyroyal tea be made, and a tea spoonful of the powder given in a tea cupful of the tea, as hot as it can be taken, and repeated every quarter of an hour, until profuse perspiration arises. This will often remove every complaint in a few hours.

2d Stage.—Should the person be seized suddenly with severe pains in the bowels, put the feet immediately in warm water, with three table spoonsful of mustard.

react with the partial loss, safely, but we dare not do it when it is too far advanced. Our one object must be to arrest the progress of the disease without suffering a further loss of vital power; and there is nothing that has been introduced into the practice of medicine that will do it so effectually as the cholera powder. It is a powerful astringent and stimulant, and will arrest the disease in its progress, if anything in the world will. Some one will possibly now ask, why, if the anti-cholera powder is so effectual in arresting the disease, it may not be used in the first stage of the cholera morbus? to which we reply by saying, that the symptoms manifest the condition of the body. There is a something to be discharged from the stomach, and it is wise to follow the dictates of nature in almost all cases; lend her a hand, then, by giving the “emetic, relaxing the tissues, and opening the pores of the skin;” after which bind up the relaxed parts by astringents, and finally strengthen with tonics, but do not shut the cholera poison up in the body, for most assuredly you will commit an error by so doing. When the body has been neglected and become exhausted, nature herself has, in nine cases out of ten, discharged the morbidity, and the cholera powder may be given with perfect safety.

DIRECTIONS FOR THE CURE OF THE CHOLERA,

DIARRHŒA, ETC.

THE anti-cholera powder is a safe and specific remedy in all cases of dysentery, diarrhœa, colic, and all forms of disease arising either from obstruction of the fluids, or from the influence of miasma, or poisonous exhalations absorbed from decayed animal and vegetable matter. It opens the pores of the skin, relaxes the contracted tissues, and gives vent to the exhausted and worn out matter,

which, by being forced back upon the system after having fulfilled the task allotted to it by nature, engenders all the results as manifested in a diseased body, from the simple snuffle in the head, tightness on the chest, and discharge of mucous from the nose (the effect of cold), to the terrible war betwixt life and death as seen in the struggles of agonized humanity, in its endeavours to throw off the poison which gives existence to the scourge known as English cholera, cholera morbus, and Asiatic cholera. To all who value life and health, from the highest to the lowest class, the anti-cholera powder will be found a most valuable remedy, and may be taken upon every occasion where the patient suspects an obstruction in any of the secretions of the body. A single tea spoonful of this powder, in a tea cupful of warm tea, will, if taken in time, often produce a reaction in the solids and fluids of the body, which, by creating a gentle warmth in the stomach and alimentary canal, forces the congesting blood to liquify, the whole vascular system to rarify, the fire of life to burn active, and the machine to work as if it had never received the check.

DIRECTIONS FOR USING THE POWDER.

1st Stage.—Should the person feel a cold shaking or shivering sensation, go to bed immediately; let some ginger or pennyroyal tea be made, and a tea spoonful of the powder given in a tea cupful of the tea, as hot as it can be taken, and repeated every quarter of an hour, until a profuse perspiration arises. This will often remove every symptom in a few hours.

2nd Stage.—Should the person be seized suddenly with severe pains in the bowels, put the feet immediately in warm water, with three table spoonsful of mustard

added; give a teaspoonful of the powder as directed above; bathe the legs, thighs, and bowels, with a cloth, while the feet are in the water, for five minutes; wipe quick with a rough dry towel, put to bed, and give another tea spoonful of the powder; lay some warm bran across the bowels, between two cloths, large enough to cover the whole surface; give freely of ginger tea. This will effect a cure very rapidly; take care, however, not to let the patient go out too early.

3rd Stage.—Should the person be seized with a sudden relax, and sickness at the stomach, give immediately a tea spoonful of the powder, and in addition to the warm water, mustard, and bran, as recommended in the last, place a hot brick to the feet, enveloped in a cloth wet with vinegar, and as fast as the powder and ginger tea is discharged from the stomach so give more, until the vomiting and relax ceases, after which let the patient drink freely of ginger or pennyroyal tea, until profuse perspiration takes place; all will then be right. Let the patient keep in the room for a day or two after.

4th Stage.—Should the person be seized with sudden cramps in the stomach and bowels, or have passed through the stages one, two, and three, without any assistance, until the fourth supervenes, let the third stage be immediately carried out, with the application of hot bottles of water to the sides, and hot mustard cloths to the chest, taking care to rub the legs and thighs continually. When the cramps leave, and the bowels compose, give freely of the tea, taking care to keep up perspiration for a few hours, after which all will be well, with the exception of great prostration and loss of strength, which will be restored by a few days of good nursing and nourishing food.

It is important that a good fire be kept in the room where the patient is placed.

We now conclude our remarks upon cholera, by simply saying, that there are thousands in this country who have tested the truth of our recommendations; and if, as we firmly believe, the Asiatic cholera has become a resident in this country, it is wise to be always ready to meet the emergency, and no family should be without the simple remedies recommended.

DIARRHŒA.

(RELAX.)

SEE cholera morbus, and follow out the treatment recommended in the first stage; after which, prepare and give the following medicine:—

Shepherds' purse, one ounce.

Bistort root, half an ounce.

Tormentil root, half an ounce.

Burnet root, one ounce.

Powdered myrrh and cloves, half an ounce.

Bruise and boil the roots in three pints of water down to a full quart, add the herbs and boil for ten minutes more with the powder, mix well, strain, sweeten with lump sugar, add two tea spoonsful of ginger powder.

Take of this mixture a wine glassful six times a day, gradually diminishing it as the disease subsides. After the symptoms have passed away, give a little of the composition and stomach bitters to strengthen the stomach; be careful not to take cold, and attend to the diet as in cholera.

DYSENTERY OR FLUX.

THIS disease may be known from diarrhœa by the bloody matter mixed with the stools, sometimes there is a constipation of the bowels with it, at other times a relax. It is occasioned by inflammation, which may be known by the griping pains and inclination to go to stool.

Treatment.—Injection as recommended in cholera morbus; raise the heat by giving freely of the composition powder; apply the hot brick to the feet, and the hot stimulating poultice to the bowels; after which, give the same medicine as recommended in diarrhœa in the same doses, keeping up a gentle moisture by giving a little composition tea between. The injection may be given two or three times during the day if the pains and discharge continue, should there be a tendency to sickness give an emetic. A little perseverance is all that is required in these cases. Attend to the food as directed in cholera and diarrhœa, and if the disease proves stubborn give gentle doses of the anti-cholera powder between the doses of medicine.

PILES.

THIS is a very common disease and often very distressing. It is brought on by the continual use of purgative medicines, smoking, drinking, colds, indigestion, diarrhœa, dysentery, costiveness, or in fact, by anything that weakens the general circulation and debilitates the body.

They sometimes show themselves in large clusters upon

the outside of the anus, sometimes they are confined within, in which case they are called the blind piles, at other times they discharge a quantity of blood, and are then called the bleeding piles. They vary in size from a pea to a walnut, and are equally numerous and severe, according to the time and condition of the body.

In the cure of this complaint it will be necessary first to discover the cause; and having found it out, lay it at once aside. If the bowels have long suffered from *constipation*, treat it under that head (see page 144); this, with the use of the pile ointment, (see index,) will often be found sufficient; no one in fact can believe the effect which this treatment will have upon the disease, unless they have tried it. In recent cases it will remove it in a few hours; where the disease is of long standing it will be necessary to persevere; for in all disease arising from debility nothing but a restoration of the system can effect the object. If there is severe pain, arising from inflammation, boil a handful of mallows in two quarts of water, let it get cold, wet, and double or treble a cloth in it, and apply it tightly to the part, sitting upon it at the same time, and drinking freely of cranes' bill, composition, and mint tea. If the pain is seated inside the rectum or seat, use the pile ointment as follows, after sitting upon the cloth;—take a small candle, smear it over with the ointment about two or three inches from the bottom, warm it a little, and gently force it up the anus as often as the pains are felt; give the simple injection when the bowels require to be relieved, and when the inflammation is severe, a *vapour bath*, and even an emetic, will be of use. As the disease decreases endeavour to raise up the general strength of the body by following out the rules laid down in dyspepsia or indigestion. If the patient be a delicate

female, the medicine may be given, using at the same time the pile ointment, relieving the bowels with the injection, &c. ; in fact she must be treated proportionably to her strength. Never use strong cathartic or purging medicines, particularly pills, for opening the bowels. Avoid, therefore, that part of the treatment as recommended in constipation, and instead of putting the half tea spoonful of cayenne, put equal parts of cloves, myrrh, and cinnamon, half an ounce. We do not remember failing in one single case to cure the piles, and that entirely by the treatment here laid down. Let none despair, then, of curing this troublesome complaint, but remember it can only be done by using the means. The ointment may be used externally as well as internally, and a poultice of slippery elm applied at night will often be of advantage in relieving the inflammation.

OF JAUNDICE.

THIS is a disease arising from the morbid condition of the liver, and is generally connected with indigestion. It commences with langour, loss of appetite, constipation, pains in the stomach and bowels, restlessness, frequent chills, flushes of heat, bitterness of taste, nausea, &c. As these symptoms advance, a yellowness of the skin presents itself, varying from light yellow to dark green, the eyes partake of the same appearance, and the vision is often affected, so that every thing presents a yellow appearance. This is caused by the obstruction in the gall ducts, which in the healthy state convey the bile from the liver to the intestines, and now being obstructed, it is diffused through the system, mixed with the blood, and by that means pre-

sents the disagreeable appearance manifested through the skin. This will show us clearly the great advantages of attending to the circulation, and point out the truth of our principles, viz., that the blood is the life, for not only is the vision affected, but the urine, and even the linen worn, partakes of the same appearance.

Treatment.—Commence by giving freely of composition tea, relieve the bowels by giving two of the No. 1 pills, after which give the vapour bath, and keep up the circulation by continuing the composition tea, when in bed. This done, prepare a medicine as follows :—

Barberry bark, one and a half ounce.

Calumbo root, one ounce.

English gentian herb, half an ounce.

Clivers, one and a half ounce.

Cayenne, a full tea spoonful.

Bruise and boil the roots in two quarts of water down to three pints, add an ounce of Spanish juice, and take from four to six half wine glasses daily.

An emetic may be given, or the compound lobelia pills, according to the strength of the patient. If there be power sufficient in the body give the emetic after the bath ; if the patient be delicate give four or six of the lobelia pills at night, and three or four during the day. Sometimes it will be necessary to give two or three emetics and vapour baths a week ; at other times, the medicine of itself will remove it in a very few days ; everything depends upon the strength of the patient, sex, &c. Where the disease is accompanied with age and debility, the treatment must be gentle, and in fact be determined, like all other disease, by the judgment of the practitioner. We have cured it in many instances by simply giving a strong decoction of barberry bark, and a few of No. 1 pills.

DIABETES.

(EXCESSIVE FLOW OF URINE.)

THIS disease may be known by the symptoms accompanying it, which are generally profuse discharge of urine, *dryness upon the skin, thirst*, wasting of the body, voracious appetite, clean tongue, &c. The urine is sweet both in taste and smell, and contains sugar and gelatine, and dropped upon linen or paper, and partly dried, it will adhere to the fingers. We have known eight and ten quarts of water to be passed a day with this disease for weeks together. The causes are a depraved and debilitated state of the digestive organs, brought on by colds, debauchery, intemperance, and disease previously existing. If taken in proper time there will be no great difficulty in effecting a cure; but if suffered to remain for any length of time, there will be but little hope. Nor is there much to be done with it in very old people.

Our general mode of treatment is to wash the body down every night in a decoction of common dock water. For this purpose, boil as many of the roots, leaves, and seeds, as you think proper, in water sufficient to cover the whole, let it get cold, then rub the body well down with a coarse cloth, put to bed, and give freely of the composition and bistort powder, in equal parts, as follows :—

Composition powder, a tea spoonful.

Bistort powder, a tea spoonful.

Mix in a tea cupful of cold water and give, with a hot brick to the feet, wrapped in a cloth wet with vinegar.

This done, give a half tea spoonful of cayenne pepper in a large tea cupful of cold water, and if a reaction or

heat is not produced upon the surface of the skin in half an hour, give some hot composition tea until the moisture is felt, this may be kept up for about two hours. In the morning let the patient be wiped down again with the dock root water, dressed warm, and sent out to take exercise in the open air. This plan of treatment, if the patient has strength enough to bear it, may be followed out every other night, or every third night, as circumstances may admit. Make also the following medicine and give daily:—

Blackberry bark, one ounce.

Tormentil root, half an ounce.

Bistort root, half an ounce.

Calumbo root, one ounce.

Bruise and boil the whole in a quart of water down to a little more than a pint, throw into a jug, let it all stand together, squeeze the juice of a good lemon in the whole, and take from six table spoonsful to six half wine glassesful daily.

The rubbing down with the decoction of dock should by no means be neglected, if the patient's strength will justify it; and if it is so far reduced as not to admit of it, there will be but little chance of recovery. The above medicine may be changed, as the treatment progresses, for a little of the bistort powder and stomach bitters, mixed in equal parts, which may be taken for a few days; after which, return to the other again; keep the feet warm and dry, take all the exercise possible in the open air, and eat what will best agree with the stomach, taking care to avoid sugar of all kinds, as well as such kinds of food as contain saccharine matter. Good wholesome bread, tapioca, rice, milk, eggs, &c., and, after the early symptoms of the disease have been removed, a little animal food, such as mutton, chicken, or a little beef; care should be taken to prepare it well, and if it be found to disagree with the stomach, as is sometimes the case, let it be

avoided. Again, we may observe, that where the patient is broken down with years, and the constitution shattered, it will be found most difficult to remove, and in many cases altogether incurable.

OBSTRUCTION OF THE URINE.

THIS is occasioned by a variety of causes, such as inflammation, spasm, constriction, or obstruction, stricture, and sometimes from paralysis, and the application of blisters to the body, internal use of turpentine, stone, or gravel.

There is nothing more dangerous than to suffer an obstruction of the water, no matter from what cause, to continue too long. It should, therefore, be attended to immediately the obstruction presents itself, and it will matter but little from what cause it has been produced, the treatment will be found equally as effective in all, excepting it has been occasioned by some mechanical means, such as the lodgment of foreign substances in the urethra or neck of the bladder, or in very severe stricture, where this is the case mechanical or surgical means must be resorted to.

The proper means to be employed are those which are the most effective in producing a relaxation of the whole system.

Give at once a vapour bath as hot as it can be borne, administer freely of the diuretic powder while in the bath, after which wipe the body down, put to bed, and apply the hot brick to the feet, with fomentations of hot hops, hot flannels, &c., across the lower part of the bowels ; this done, give an injection as follows :—

A large tea spoonful of lobelia herb.

A large tea spoonful of composition powder.

Mix in sixteen ounces of hot water, sweeten, and throw milk warm into the bowels.

This, with the application of hot fomentations of flannels wrung from the hop water, will generally be found sufficient in the most obstinate cases ; often the hot hops and vapour bath will afford immediate relief. Where the above fails, we may be sure that the obstruction arises from stone or stricture ; in this case a catheter should be passed carefully into the bladder, and the water drawn off. It is a perfectly harmless operation, and may be performed with perfect safety, unless in very long standing cases. It is always the safest method, however, to obtain the assistance of some one experienced in such matters. The heat should be kept up for some time after the patient is in bed, or after the operation, in order that the irritability and inflammation may be entirely subdued, and the patient should be careful not to expose himself to cold too soon after the stoppage has been removed. A medicine may now be made as follows, and taken in wine glassful doses four to six times daily :—

Pellitory of the wall, one ounce.

Mallows, one ounce.

Burdock root, one ounce.

Ginger root, half an ounce.

Bruise and boil the roots in two quarts of water down to three pints, add the herbs, and boil for five minutes more ; now add a quarter of an ounce of the diuretic powder, mix well, boil a minute or two more, strain, sweeten with honey, bottle, and add two ounces of gum arabic to the whole, stir it well daily until it is all dissolved, and take as directed.

STRANGUARY.

THIS disease differs from the last in many respects, and is attended with very severe pain and difficulty in voiding the urine. The symptoms are more like those of inflammation of the bladder ; in fact it is often the effect of neglect and wrong medical treatment in this disease. It is sometimes the result of piles, and is connected with ulcerations of the bladder, arising from venereal disease, or long indulgence in excessive venery, hard drinking, &c. The treatment is as follows :—

An injection as given in retention of urine, daily ; fomentations of hot camomile, yarrow, plantain, and hops, daily, with a medicine as follows :—

Plantain root, two ounces.

English rhubarb root, one ounce.

Mallow root, one ounce.

Comfrey root, one and a half ounce.

Cut up fine and boil in two quarts of water, with the cover on, down to three pints, add half an ounce of the diuretic powder, mix well, strain, sweeten with honey, bottle, and take four wine glassesful daily.

A vapour bath should be taken once a week, and an emetic of lobelia herb once in a fortnight. The tea taken at meals should be made from the field scabious, meadow sweet, yarrow, burnet, shepherds' purse, and plantain leaves, in change, as the stomach can best take ; sweeten it with honey ; and remember that as this is a chronic disease, it will be necessary to persevere for some time ; patience can alone effect the cure of disease where it is of long standing, even where the treatment is most certain and effective.

GRAVEL.

SEE obstruction of urine. In the early stages the medicine there recommended will be found sufficient, with a vapour bath or two, without the use of the injections. If the bowels are confined relieve them with the pills No. 1, take two at bed-time. The tea drank with the meals, or through the day, should be made from the parsley pert, polly-poddy herb, pellitory of the wall, mallows, clivers, wild carrot, yarrow, and meadow sweet, sweetened with honey. Care should also be taken to examine into the quality of the water, for this disease often has its origin, and is continued through the mineral substances contained in the water. Rain water should be obtained and used as a drink, of which the medicines and teas should also be made. This, like the stranguary, requires perseverance. The above treatment however will remove the gravel even after the calculi or stone is formed, unless it is of very long standing, and the stone of extra size. In that case nothing but the operation of lythotomy can possibly effect the cure.

BLOODY URINE.

THIS may be brought on by many causes, such as hard drinking, jumping, carrying heavy weights, riding, blows, falls, &c., or it may proceed from the rupture of some of the fine blood vessels, arising from stone being lodged in the neck of the bladder, or in the kidneys; sometimes the stone is of a rough nature, very uneven, and sharp, which

is brought in contact with the fine membrane of the urethra or bladder, and causes the discharge of blood.

General treatment, same as obstruction of the urine, with the addition of an emetic, after which, prepare and give a medicine as follows :—

Cranes' bill, one and a half ounce.

Burnet herb, one ounce.

Raspberry leaves, half an ounce.

Clivers, one ounce.

Shepherds' purse, one ounce.

With half an ounce of bistort powder and ginger, mixed.

Boil the whole in two quarts of water for ten minutes, mix well, keep the cover on, strain, sweeten well with lump sugar, and take three or four wine glassesful hot for the first hour ; after which, a wine glassful six times a day, or more or less as the case seems to require.

If it be supposed to arise from gravel, the medicine recommended in that complaint may be given after the bleeding has been checked by the foregoing treatment. Be careful to avoid all exciting drinks, salt, hard, and indigestible food, &c., and keep as quiet and free from excess as possible.

BLEEDING FROM THE STOMACH.

THIS may be looked upon as generally the result of accident of some kind, or otherwise, from the use of violent stimulants, or from fighting, wrestling, hard riding, jumping, or from inflammation. It sometimes comes on suddenly ; at other times there is a sense of weight preceding it, or a heavy feeling at the pit of the stomach. The blood is usually of a dark colour, and ejected in gushes. Treat as follows :—

Pulverized mallow root, one ounce.

Pulverized tormentil root, half an ounce.

Pulverized English rhubarb root, half an ounce.

Cayenne, a tea spoonful.

Pulverized myrrh, a table spoonful.

Pour on sufficient boiling water to mix well into a paste, this done, pour on a quart more, let it stand covered up for twenty minutes, sweeten well with lump sugar, and take a wine glassful every hour, until the discharge is arrested, gradually diminish the quantity to four wine glassesful a day.

Let the food be light as recommended in diabetes, and abstain from exertion of every kind for some time. The bowels may be relieved by an injection daily if necessary; and where the bleeding is symptomatic or connected with fever of any kind, as is often the case, it will be necessary to treat as in those cases at the same time.

VOMITING AND SPITTING OF BLOOD

MAY be brought on in many instances as the last, or by singing, public speaking, blowing upon wind instruments, weakness of vessels of the stomach, from pleurisy, inflammation of the lungs, &c. It will be well to lay aside whatever causes may have had a tendency to produce it, before we may expect its removal.

Treatment same as the last, taking the medicine in half wine glassful doses six times a day. If inflammation of the lungs or pleurisy be the immediate cause, see those forms of disease and treat for it also.

BLEEDING FROM THE NOSE.

THIS is of very frequent occurrence with the young, and particularly with those of a plethoric or full habit of body. It is always well to resort to remedial measures as quickly as possible, for if it be suffered to go on unchecked, it greatly debilitates the system. It is too often considered as a salutary evacuation, or in other words, of advantage to the patient, unless it be suffered to go on too far. This is a false notion, which too many have, in the past, paid dear for holding. We remember once, when discussing with a medical gentleman in the town of Dewsbury, Yorkshire, that in order to prove the advantage of bleeding in inflammatory disease, he introduced the great advantages of bleeding from the nose to people of plethoric habit of body. We, in reply, asked if there were any then in the meeting who suffered from it, and if so to oblige us by standing up; some two or three immediately arose, greatly attenuated or reduced in physical strength. We asked the gentleman to tell us whether the good fruits of bleeding were manifested in them. And we here say, fearless of contradiction, that its effects are most debilitating, and ought at once to be checked.

The inner membrane or surface of the nostrils are covered with a thickly woven tissue of fine blood vessels, and where the balance of the circulation has been lost in the body, the blood, in rushing to the head, often breaks through them. Common sense must tell us that to rupture the blood vessels in any part is highly dangerous, and admitting the fact, that in dizziness, headache, violent throbbing, &c., the loss of blood this way may

afford relief, as undoubtedly it will ; nevertheless, we well know it to be but partial, and that to the sacrifice of so much of the vital power.

The following treatment will be found most effectual:—A tea spoonful of cayenne put into a gill of hot water, sweetened, and drank off as quick as possible. This will, in most cases, equalize the circulation, by producing the determination to the extremities.

Composition tea should also be taken through the day, and the system generally strengthened with the stomach bitters. A lobelia emetic will often be found of great benefit ; and if the patient be full blooded or plethoric, a vapour bath once a week, and the cold dash after, will be found most salutary in preventing the return.

The express juice of the nettle may also be used as follows:—A bit of cotton lint should be saturated and applied to the nostrils through the day, and the following may be used as a snuff; it will be found greatly to strengthen the parts:—pulverized bistort and bayberry, in equal parts.

Our advice always is, wherever throbbing of the temples, singing in the ears, pains in the head, flushing in the face, plethoric, or dizziness, manifest themselves, to relieve the bowels at once by an injection, of equal parts of composition and lobelia herb, a tea spoonful of each in about fourteen ounces of fluid, well sweetened with treacle; after which, to give an emetic, apply the hot brick to the feet, drink freely of composition tea, and keep up perspiration through the night ; by this means the pressure will be entirely removed, and the evil prevented ; indeed, if this course be followed after the bleeding has commenced, it is equally as safe. To those who cannot take the cayenne, if the feet be put into warm water for a few minutes,

cold water and vinegar, in equal parts, applied to the temples, and composition tea taken at the time, it will have the same effect. Now it will matter but little what the cause of rupturing the vessels may have been, the above method of treatment will answer, even if the nose be crushed by a violent blow, if the treatment be at once resorted to, the parts placed in their proper position, and carefully bound or strapped with the adhesive plaster, washed with warm milk and water, and a cloth doubled and saturated with the No. 6 liniment laid on the outside, and fastened with a bandage tied gently across the head. No one, in fact, can form any notion of the curative powers of the blood, unless they have experienced it in cases of this kind.

DROPSY.

THE general *causes* of this disease may be fairly considered to arise from a loss of power in the body. We find it often connected with dyspepsia, liver disease, diarrhœa, and general debility, sometimes it arises from the wrong treatment of other diseases, such as inflammation, fever, and measles, cold, or obstruction, or in fact, anything that disarranges the circulation, may be said to occasion dropsy. The aged, or those whose systems have been reduced by excess or other means, and females, at certain periods of life, are found to suffer from it the most. The symptoms generally attending it are coldness and constipation, bad appetite, high coloured urine, and very little of it, dry skin, paleness, inactivity, &c.

It is sometimes seated in the chest, sometimes in the abdomen or bowels, and at other times in the feet and

legs. It may be known by the following methods:—if in the legs and feet, press your fingers tight upon the skin, and if the marks be left behind in deep indentations, you may be sure that there is water there; where it is very bad, the water may be seen by the glossy pudding like appearance of the parts; if in the abdomen or bowels, place the palm of the left hand on the parts, and gently tap the back with the knuckles of the other, when the water will be distinctly felt and heard; if in the chest, tap with the ends of the fingers, and a dull heavy sound will be heard, besides this, there always accompanies dropsy in the chest, tightness in breathing, cough, and a difficulty of lying down, through a feeling of suffocation.

Medical men have classified this disease or divided it into parts, and their treatment is made to correspond with the part where the disease is located. We have no objection to this; it is quite right that, men, especially those who practice medicine, should have a clear understanding of it; but we venture to assert that the same general treatment will be found applicable and equally successful in all.

It should be as follows:—First, the vapour bath, given the last thing at night, wipe freely down, with equal parts of cold vinegar and water, rub dry, put to bed, apply the hot brick, and vinegar cloth to the feet, now give the emetic, taking care to have previously relieved the bowels either with the injection or the pills No. 1. Keep in mind that a free perspiration by the use of the composition tea must be kept up, and that it must be given in sufficient quantity to excite it before giving the emetic. (See index) “Thomson’s Course.”

In the early stages of the disease one or two courses have often been known to cure it, but generally several courses are necessary besides other methods of treatment;

in all cases, however, begin with the course. If the case be one of anasarca, (dropsy in the legs and feet,) give a course every other night if the strength will admit of it, after which mix four table spoonsful of mustard in two quarts of boiling water, let it get cold, when the water may be strained off; cloths about three inches wide should now be made wet with this liquid, and wrapped around the feet and legs as bandages, two or three times doubled; this done, dry cloths should be put on, on the outside, a hot brick applied to the feet, and perspiration kept up through the night. The use of these cloths are, that they act as a stimulant, and force the water back upon the system, which, by the action of the stimulating or composition tea, is taken up with the blood, and discharged through the pores of the skin and kidneys. If one course only through the week be given, and this method followed every night, taking care to attend to the bowels, it will effect the end. Prepare and give the following medicine through the day :—

Parsley pert, one ounce.

Wild carrot, half an ounce.

Juniper berries, one ounce.

Diuretic powder, half an ounce.

Cayenne, half a tea spoonful.

Pour three pints of boiling water upon the whole, mix well, and boil for five minutes with the cover on, strain, sweeten, and give six wine glassesful daily.

A little of the stomach bitters may now be given throughout the day, mixed in a small quantity of the medicine, if the stomach should be weak. In addition to the above treatment, it will be well to brace the system by rubbing the body and legs well every morning with coarse cloths a little damp with vinegar and water, and by giving freely of the composition through the day. In cases of ascites, (dropsy

of the abdomen or bowels,) the treatment last recommended will answer every purpose, with the addition of half an ounce of dwarf elder to the mixture. In hydrothorax, (dropsy of the chest,) add, instead of the dwarf elder, an ounce of the pellitory of the wall, and to every wine glassful of the mixture taken through the day add a large tea spoonful of the lobelia syrup.

This treatment will be adequate to meet any case of dropsy, provided the disease has not extended beyond the reach of medicine ; where it has, it will be in vain to expect a cure. Where in fact the liver has become greatly diseased, and the whole system shattered, it is not possible to effect it. Once again let us remember that disease is obstruction and disarrangement, and that physic can remove it only where nature can endure the operation, but physic cannot renew old bodies, or put in new organs, any more than it can make new arms or legs. We shall not deceive them by promising too much ; for it is both cruel and cowardly so to do. Once again, however, we say, the method of cure recommended will do if it is to be done at all.

SCROFULA, OR KING'S EVIL.

THIS is a form of disease very prevalent in our manufacturing districts, particularly with the young. There are, doubtless, causes for this, which it would be well for all to consider. Nature, in giving life, has also given with it certain conditions which cannot be violated, without bringing down a retribution. Now, when we remember that during the days of childhood almost every thing connected with the future is established, and that the body is more

susceptible of evil influences then than at a later date, it is not to be wondered at that where hundreds of these fragile and tender beings are crowded together to toil in the impure atmosphere of the factory, that there should be a peculiar susceptibility to this disease. It is truly pitiful to witness, during the cold winter mornings, tender infancy summoned from its warm bed by the sound of the factory bell, at six o'clock, doomed to endure the sharp cutting winds, rain, or sleet, with all the consequences that follow in their train, from whence arise obstructions in the circulation of the blood, which when considered in connection with the quantity of impure air daily breathed in those Lazar houses, are quite sufficient to account for its increase. It is a disease of the blood, and generally manifests itself in the glands of the neck, under the ear and chin, and sometimes the toes, arms, elbows and joints are affected. It is a constant companion with some, whilst with others it prevails only in the spring. It sometimes has its origin in the venereal taint, which is very common in our manufacturing towns. If it be taken while in embryo, or in other words, as soon as the kernels present themselves, there will be no great difficulty in removing it; if however the parts have broken, or been cut by the surgeon, as is too often the case, the difficulty is greatly increased.

In the *treatment* of this disease we have first to consider the causes from whence it originated; in fact, this should always be the first consideration, for like causes produce like effects. Let the causes then be at once removed, whatever they might have been; this done, commence by giving a vapour bath, and wiping the body down afterwards in equal parts of vinegar and water. Keep up a perspiration by giving freely in bed of the alterative or

purifying powder ; after which, well rub the hard tumours or kernels with the rheumatic drops, and the No. 6 liniment, changed in turn through the day. The tumours, in fact, may be rubbed three or four times daily ; this, with attention to the bowels, and a vapour bath once a week, will be quite sufficient to remove it, if the following medicine be given throughout the day :—

Stomach bitters, a tea spoonful.

Purifying powder, a tea spoonful.

Sassafras bark powder, a table spoonful.

Sarsaparilla powder, a table spoonful.

Pour a pint of boiling water upon the whole, mix well, sweeten with coarse sugar, and take four half wine glassesful daily.

This may be considered as sufficient for a person about twelve years of age, less or more may be given as required to suit the age, constitution, &c.

If the tumours have broken, or if they are likely to break, that is, if they feel soft and painful to the touch, it will be well to assist in causing them to suppurate or break. This may be done by the application of white pond lily, slippery elm, or flour, and mallow poultices, either of the three first mentioned will answer equally well, and as soon as they are at a head, and have discharged the matter, let the parts be washed with a strong tea made of equal parts of bayberry powder and gum myrrh.

Put a gill of boiling water to a table spoonful of each, mix well, let it settle, strain, and use as a wash each time of dressing ; after which, wash with the stimulating liniment No. 2, (see index,) and apply a salve made as follows :—

SCROFULA SALVE.

Bistort root, powdered, half an ounce.

Comfrey root, powdered, half an ounce.

Burgundy pitch, two ounces.

Mutton suet, two ounces.

Bees wax, one ounce.

Olive oil, two ounces.

Gently simmer the whole over a slow fire for half an hour. Now take a small jar and put a piece of muslin over the top, throw the whole into it, let it strain through, after which, squeeze the remaining portion through with the hands. If this should be too thick add a little more oil, or if too thin a little more pitch. Spread sufficient of this salve, and apply to the wounds each time of washing.

The following medicine may also be prepared, and given in the same proportion as the last :—

Hemp agrimony, one and a half ounce.

Yellow dock root, one ounce.

Sarsaparilla, one ounce.

Bistort root, half an ounce.

English rhubarb root, half an ounce.

Bruise and boil the roots in two quarts of water down to three pints, add a table spoonful of the alterative powder, a quarter of a tea spoonful of cayenne, and the herb, and boil for five minutes more, strain, add an ounce of Spanish juice, the juice of a good sized lemon, an ounce of gum arabic, and let the gum be well dissolved. Correct and strengthen the system by giving the stomach bitters occasionally.

It will generally be found necessary in the cure of this disease, when far advanced, to give an emetic at least once a week, preceded by a vapour bath. This, with a change of circumstances, will never fail to cure it in its worst form ; but be not deceived ; nothing but perseverance, cleanliness, and attention, will ensure its eradication. It will be well to lay aside all salt meat, malt liquor, &c., and to change altogether the mode of diet.

SCURVY.

THIS is a disease generally considered of the same nature as the last, although it manifests itself in a different way. It was formerly very prevalent among sailors, and was caused entirely by the long continuous use of salt food. It is also common at the present time in our manufacturing districts.

We have never found any difficulty in curing it; in fact a free use of vegetable food, and a total abstinence from salt and animal food, with cleanliness, will generally be found sufficient. Sometimes it is rather difficult when it has been long established, and the whole mass of humours have become corrupted. We remember while visiting the town of Bingley, in Yorkshire, having two cases of this very severe kind; the upper portion of their bodies, that is, the head, chest, and face, were covered with one solid scab, and the hands and arms were also affected; the eye lashes completely gone, and the features shockingly disfigured. We gave the same kinds of medicine to both. The mother of one of them knew nothing of our system, and gave up after taking two bottles; the other continued to take the medicine for nine weeks, and when we left, this boy was thoroughly cured, while the former remained as he was before we saw him. The mother of the one that was cured felt surprised at our doing it so quick, because he had been afflicted from birth, and there had been nothing left undone to effect it, but without avail. We treated the other boy according to that recommended in the last, ordering the mother to keep all animal food from him, and to wash the body down in dock root water

every morning, and to use a little of the antiscorbutic ointment daily, (see page 39.) In all cases of scurvy the treatment recommended in scrofula will be sufficient; should however the bowels be much confined, put in a larger quantity of the English rhubarb root. The bistort root may be left out entirely.

In slight cases of scurvy a vapour bath or two, and a medicine made as follows will be found sufficient.

Fumitory, one ounce.

Dock seed, one ounce.

Clivers, two ounces.

English rhubarb root, one ounce.

Alterative powder, half an ounce.

Pour a quart of boiling water upon the whole, boil for five minutes, strain, and add half an ounce of Spanish juice.

This may be taken the same way as the last; that is, four half wine glassesful daily, increasing or decreasing it according to age, strength, &c. One word more: a wash every morning in dock root water must be given; and here let me say, that I have cured the worst forms of scurvy with this alone and the last medicine. The docks may be prepared as follows; any part of them will answer, either the roots, seeds, or leaves. It is a fine purifier of the blood, or antiscorbutic medicine:—

Take as many as you please, pulled up by the roots, put them into a large pot, with water sufficient to cover, boil with the cover on for half an hour, strain, let it cool, put into a large stone bottle, and every morning throw out sufficient to wash the body all over, rub dry, and take exercise in the open air.

Once again let me remind you that all eruptions of the skin may be removed by these simple means, and that the treatment here recommended will answer for either man, woman, or child; use your own judgment as to the quan-

tity, remembering that about four half wine glasses of the medicine a day will be found sufficient for a boy twelve years of age. If the juice of a lemon be added to the scurvy medicine, it will increase its power, and now and then add, if it be a *very severe case*, a table spoonful of the cubebs powder, but this is not necessary, unless the *cases prove stubborn*.

ABSCESSSES, BOILS, ETC.

WE have already said that all external eruptions are so many manifestations of an impure condition of the blood. This will be found perfectly true, excepting where accident produces inflammation, and abscess, or suppuration ensues, (see theory of inflammation, cuts, bruises, strains, &c.) Sometimes an abscess may be occasioned by some foreign substance lodging in the flesh, such as gravel, thorn, &c., this must be looked too, and the substance removed. Where, however, boils, or as they are called in the West of England, blackheads appear, or even abscesses, treat them as recommended in scrofula, and it will matter but little whether the matter is absorbed, or taken through the system, and discharged by the natural channels, or whether they be brought to a head, and discharged by suppuration. Nor would it, in fact, be necessary to insert this chapter, but for the difficulty of making people, unacquainted with our system, understand its principles. *Disease is one*, and whatever will throw off obstruction, and restore the circulation, will cure any external manifestation, which is only the effect; remove the cause, then, and the effects cease. If then an abscess is likely to come to an head, poultice it with any of the agents recommended

for scrofulous tumours, and keep up the circulation by taking the composition tea, attend to the bowels, &c. In cases of boils take a vapour bath or two, and the medicine recommended in scrofula, and if any of them suppurate, use the scrofula salve; a little attention to these plain simple rules is all that is required.

ITCH.

THIS is also a disease of the skin, nor need it be mentioned but for the same cause as stated in the last. It may be known by the watery pimples, little scabs, and itching sensation felt in the body, joints, between the fingers, &c. The want of cleanliness and contagion are its principal causes. It may be removed with the medicated baths, as recommended in inflammation of the eyes, (see page 61,) and give the antiscorbutic medicine, No. 3, (see page 62.) Let the body be well washed down with strong dock water and vinegar, equal parts, cold; anoint the body with the antiscorbutic ointment, particularly between the joints and fingers, after washing with the vinegar and dock water. Two or three of those baths, followed out as directed, and the linen properly cleaned, will be sufficient to remove the most inveterate cases. Some object to our method of treating the itch, by saying, "it is too troublesome; look here," say they, "steaming, anointing, and washing of bed linen; it is such a confusion; some doctors cure it by just rubbing in a little ointment into the palms of the hands, and by smelling." We reply, by saying, medical botanists profess not to cure disease without labour, and consider those who are too lazy and dirty to keep their bodies clean, or object to a wise and effective method of

curing the itch, or any other disease, because of the trouble, are fit to enjoy the perfection of the *fiddle*, and therefore have our sanction to keep their fingers and elbows moving as long as they think proper.

LOCK JAW.

(TETANUS.)

THIS is a form of disease that can rarely happen with men acquainted with the botanic theory and practice, although it is found to occur now and then with the inexperienced or ignorant. It is caused by accidents, wounds, cuts, punctures, &c. ; anything in fact that produces inflammation of the tendons or sinews, will be likely to produce it. It seldom shows itself until from the sixth to the tenth day after the accident. The symptoms are stiffness in the back of the neck, uneasiness at the root of the tongue, tightness of the chest, pain in the stomach and back, difficulty in swallowing, &c. The jaws now begin to feel rigid and stiff, which goes on increasing until they become so completely set that it is impossible to move them ; the teeth are now fixed, and the mouth completely closed, and in this state is called lock jaw.

We have already said that this disease can rarely happen with medical botanists, and simply for this reason, because the train of symptoms accompanying it in general precede for some two, three, and four days the actual "lock ;" there is therefore a certainty in the prevention, if the remedies for the removal of the inflammation and the equalization of the circulation be resorted to in time. Wherever this is not the case, and lock jaw is found to

exist, active treatment must be at once applied. Give an injection as follows :—

A large tea spoonful of lobelia herb.

Half tea spoonful of lobelia seed.

Half tea spoonful of cayenne pepper.

Pour a full half pint of boiling water upon the whole, mix well, and add three ounces of treacle, strain, and throw blood warm into the bowels.

This done, give the vapour bath immediately, without waiting for the action of the enema, and while in the bath foment the back of the neck and jaws and behind the ears with the rheumatic drops and No. 6, mixed in equal parts, keep the bath or steam up for about twenty-five minutes, now wipe down with vinegar and water, put to bed, and apply the hot brick to the feet, and if the jaws still keep fixed, give another injection of strong yarrow tea, with the same quantity of lobelia and cayenne added, and sweetened in the same way. The tincture of lobelia and the No. 6, mixed in equal parts, may be poured into the side of the cheek, and the parts contracted well rubbed with the stimulating liniment. As soon as the parts are relaxed, and the jaws open, which will be, without doubt, long before the treatment laid down is passed through, give freely of composition, skullcap, and valerian, as follows:—two table spoonfuls well mixed in a quart of boiling water, and sweetened well with treacle; let it settle, and give of this mixture as freely as possible; after a little time it may be gradually reduced.

Be careful to attend to the wound or accident out of which the disease originated; treat it just as any other, by first washing in warm milk and water, then by bathing it in the No 6, and applying the cloth doubled, dipped in the same, with a little healing salve on the outside, tied or bandaged round with a dry cloth.

After the removal of all the symptoms of the disease, the stomach bitters and composition powder, in equal parts, mixed, may be taken through the day for a little time, and let the patient lay by for a few days, when all danger of relapse will have passed with the gradual restoration of the strength.

CRAMP IN THE LIMBS.

THERE are many who suffer much from this troublesome and very painful complaint ; and, although it cannot be considered at all dangerous, still it is most distressing during the attacks. Those who labour under dyspeptic disease, who lead inactive lives, and whose circulation is both irregular and languid, females during pregnancy, and old people, suffer the most from it. It is simply contraction of the muscles, arising from cold, or sudden action of the limbs, and generally attacks the extremities, or legs and feet.

The regular method of treatment consists in the improvement of the *general* health, as well as by the application of local means.

If the sufferer be dyspeptic, see indigestion, and treat for it ; if he suffer from constipation of the bowels, see constipation, and treat it as such ; and so on through the whole chapter.

The immediate or local means consist simply of friction, or rubbing with the warm hand, and with the No. 6 liniment, and the rheumatic drops, in equal parts ; give also, at the same time, a strong tea of composition and valerian. A tea spoonful of each, mixed in three quarters of a pint of boiling water, well sweetened with treacle,

will be found, in connection with the friction, to afford immediate relief. Those subject to cramp should have the parts generally affected rubbed nightly with the liniment, and also take a little of the mixture recommended before going to bed.

CRAMP IN THE STOMACH.

THIS often attacks people suddenly, and if not immediately relieved, sometimes leads to serious results. The gouty, nervous, dyspeptic, hysteric, the aged, and intemperate, generally suffer the most from it. This, like the last, is connected almost always with general disarrangement, which it will be necessary to remove before the effect can be expected entirely to leave. Local means, however, must be at once resorted to, for it is a case requiring immediate help.

Put a table spoonful of the No. 6 into a tumbler of hot water, sweeten with lump sugar, and give in table spoonful doses as quick as possible, or in larger quantities if convenient; and while this is being given, prepare for bed, and as soon as there, apply the stimulating poultice, No. 1, across the pit of the stomach or chest. The No. 6 will afford immediate relief, and may be made stronger if the patient can take it. Now give a medicine as follows :—

A table spoonful of the antispasmodic powder in three quarters of a pint of boiling water, sweeten well with treacle, let the powder settle, and give freely of this mixture, until perspiration commences; apply, at the same time, the vinegar cloths and hot brick to the feet, and should there be a tendency to vomit, as is often the case, add a teaspoonful of the lobelia herb to a tea cupful of the

anti-spasmodic tea, and if it does not vomit in half an hour give more of the tea. Now take off the poultice from the stomach, and rub well with the No. 6 and rheumatic drops, mixed, in equal parts. In the absence of the remedies recommended, a strong tea may be made as follows, which will always afford immediate relief in all spasmodic attacks, or cramp in the stomach :—

Horse-radish root, one ounce.

Burdock seeds, one ounce.

Sweet flag root, one ounce.

Ginger root, one ounce.

Cut up small, bruise the roots and seeds, and boil in a pint and a half of water down to a pint, with the cover on, strain, and sweeten well with honey if it can be obtained, if not, use the golden syrup of treacle.

Give freely, following out at the same time the directions. In the absence of other remedies, the cayenne syrup may be taken in table spoonful doses. The bowels should be relieved with the enema or injection if confined, which is too generally the case. Cramp, recollect, is simply the effect of a deficient stimula or vital power in the blood, or in other words, cold ; whatever, therefore, will best supply its place will effect its removal, but no artificial means can recompense us for the loss of the natural. The one aim should, therefore, be the *restoration of the body to general health.*

RHEUMATISM.

THIS is a disease most common in the spring and fall of the year ; is attended with great pain, inflammation, and swelling in the joints. It has been distinguished by nosologists, by the terms, acute and chronic. The acute

implies the sudden inflammatory form of the disease ; whilst the chronic is the continuous, long-standing, and painful kind, without the attendance of fever, swelling, &c. The causes are the same as those of inflammatory disease in general, and may be, like them, summed up in the word *obstruction*. It is brought on by the sudden changes of heats and colds, working in water, wet feet, lying on the damp ground, sleeping in damp beds, going into new houses, drinking hot strong liquors, &c., or cold water, when the body is in a state of excitement.

The acute form generally comes on with restlessness, shivering, thirst, quick pulse, and fever, accompanied with pains in different parts of the body, which finally fix or settle in the joints and limbs, producing swelling and inflammation. A full "course" of medicine should generally be resorted to in all cases of this kind. First relieve the bowels by giving an enema or clyster as follows :—

A tea spoonful of composition, mixed well, in a gill and a half of boiling water, add three table spoonful of treacle, a table spoonful of sweet oil, and a half tea spoonful of lobelia herb, strain, and inject into the bowels. This done, give the vapour bath, (see page 49,) read Thomsonian Course, page 51 ; after which, put into a warm bed, with the hot brick and vinegar cloths to the feet, rub the parts affected with the No. 6 and rheumatic drops, mixed, in equal parts, wet a piece of cotton rag with the mixture, wrap it singly round the joints, with a piece of flannel warm, on the outside. Now give your emetic. •

Mix a table spoonful of the composition powder into a full pint and a half of boiling water, sweeten with coarse sugar, and take, in wine glassful doses, as fast as possible, until a pint has been drank ; after which, mix a quarter of an ounce or a table spoonful of the lobelia herb with

the remaining, and drink in the same manner; this done, *wrap up warm and go to sleep.* It will matter nothing whether the lobelia vomits or not, we have already said “it does its work in its own way.” *Give it then, and whether it vomits immediately, in an hour, two hours, six hours, or ten, will be but of little consequence.* Keep the moisture upon the surface for twenty-four hours, by giving frequent wine glassful doses of the composition tea, rub well the surface of the body with a coarse dry cloth, keep in bed for a day or two, during which, rub the joints and parts affected with the No. 6 and rheumatic drops, applying the flannel, &c.

This will often be found sufficient to remove the most severe attacks of this disease. Care, above all things, is necessary after the pains have ceased, for if the patient carelessly go out immediately after the disease is removed, and expose himself to the cold, serious results will most likely follow:—

A little of the curative powder may after a few days be taken, in order to restore the tone of the stomach. The body may also be wiped down every morning with a coarse cloth, slightly moistened with cold water, rubbed dry, and a little composition tea taken after it. The patient may now go out with safety, taking care to keep up the system for a few days by the medicines recommended, when he may lay them aside altogether.

The chronic rheumatism is generally the result of the acute improperly treated; sometimes it has its origin in the use of mercury; at other times, it is connected with a scrofulous habit of body; and sometimes it arises from long exposure to cold, hard labour, &c. Vapour baths will be found highly useful in these cases also, although they require to be used with discrimination. In old people

greatly reduced in body, or in those persons whose systems have been greatly debilitated, the baths will be found useful only as other means are applied to build the body up. We have had rheumatic patients whose systems had been so much reduced by baths, that there was nothing left to work upon, and we have cured them completely without the use of a single bath.

In old stubborn cases, where the joints are enlarged, and the body reduced, nothing but perseverance can effect the purpose; rub in, nightly, the No. 6 and rheumatic drops, apply the cloth moistened with it, and wrap in flannel, giving at the same time of composition tea, as follows:—A tea spoonful in a large tea cupful of hot water and milk, well sweetened with honey, if convenient, if not, with the golden syrup of treacle, and during the day give the following medicine:—

Agrimony, one ounce.

Barberry bark, half an ounce.

Wild or wood sage, half an ounce.

Valerian, a table spoonful.

A table spoonful of composition powder and stomach bitters, mixed, in equal parts.

Boil the bark in three pints of water down to a quart, with the cover on, now add the herbs and powder, and boil for five minutes more, let it cool, strain, and add an ounce of Spanish juice.

Take of this mixture a table spoonful, or half wine glassful, four to six times a day. The feet and hands may be put into hot grains, or hot poultices of the same may be applied, or the rag-wort or cattle dock may be used with equal advantage, renewed as often as they begin to get cold. This may be done for an hour or two of a night, occasionally, previous to going to bed; apply the No. 6 liniment and rheumatic drops, and take the composition nightly as recommended.

The bowels may be relieved by taking one or two of the No. 1 pills. The great object to be obtained in all chronic disease is a reaction in the constitution, for as all power is determined by the blood, if by any means the blood can be renewed, the disease must of necessity be driven out.

If the disease had its origin in the venereal, or use of mercury, follow out the plan already recommended, as to rubbing, poultices, &c. ; use the medicated vapour baths, (see page 61,) one or two a week, proportionably with the strength, and take a medicine as follows, instead of the last :—

Guaiacum raspings, one ounce.

Sarsaparilla, one and a half ounce.

Yellow dock root, one ounce.

Burdock root, one ounce.

Anti-venereal powder, half an ounce.

Cut the roots up small, bruise, and boil the whole in two quarts of water down to three pints, now add the powder, mix well, and boil for five minutes more, let it cool, strain, add an ounce of Spanish juice, and take a half wine glassful four or six times a day.

An emetic or two will be found of the greatest service in cases of this kind, where there is strength, and there generally is, for those whose constitutions are very delicate seldom survive continuous courses of mercury long.

By this means we have succeeded in curing the very worst conditions of rheumatic disease, both in the acute and chronic form, and even in cases inserted here under the heading of chronic rheumatism, although in reality it is the mercurial disease, we have rarely failed in driving it out of the system. Once again we say, the means here laid down will cure it wherever curable, but with very old debilitated constitutions the most that can be done is to alleviate the pains.

GOUT.

THIS is a form of disease which rarely attacks the poor man ; nor should we have inserted it here but for the fact of knowing by experience that now and then it is to be met with in some peculiar constitutions ; wherever it is found, however, among this class, it is generally in lymphatic or people of stout fleshy habits of body. The rich are the class to whom the disease is chiefly confined. It generally originates in idleness, intemperance, and luxury ; and although the Apostle Paul says, " He that will not work neither should he eat," nevertheless we find those who work the least eating the most. It is true they profess to believe that the great condition of healthy life is labour, and that the universal law is for men to " earn their bread by the sweat of their brow," but those who suffer from the gout generally prefer, despite " Paul " and the scripture, to make other men " sweat " for them.

The gout is generally preceded by sickness, headache, loss of appetite, sometimes with an appetite quite ravenous, an incapacity to digest, vomiting, weariness, lowness of spirits, pains in the limbs, &c. This, like the acute form of rheumatism, should be treated at once with the " Thomsonian Course ;" the parts affected should afterwards have the No. 6 and rheumatic drops applied, with the cloths wet with the same, flannel on the outside, and gentle perspiration kept up by the following means : the hot brick and vinegar cloths to the feet first, after which this medicine may be prepared and given freely :—

Linseed, one and a half ounce.

Ground ivy, half an ounce.

Pellitory of the wall, half an ounce.

Burdock seed, one ounce.

Diuretic powder and stomach bitters, half an ounce.

Bruise and boil the seed in two quarts of water down to three pints, add the herbs, and powder and boil for five minutes more, strain, sweeten with honey, and take a tea cupful, cold, four times a day.

This, with the application of the liniment, and a tea spoonful of composition in a gill of boiling water and milk, taken nightly, the last thing, will generally be found sufficient for its removal. All stimulating food, alcoholic drinks, salt meat, &c., must be laid aside, and milk and vegetables taken instead. A little time, patience, and perseverance, are highly necessary in the cure of the gout; above all things active exertion and early rising should be attended to.

SCIATICA, OR HIP DISEASE.

This is generally caused by obstruction or cold; sometimes indeed it arises from scorbutus, or a scrofulous condition of the body; sometimes an accident may be the primary cause; but generally speaking it originates in cold. Pain is felt first in the knee, from thence to the hip, and is an evidence of active inflammation, and of nature making an effort to discharge the matter which has, in consequence of the obstruction, been brought to that particular part of the body.

The treatment must be exactly the same as that recommended in abscess and inflammation. We have first to consider the general condition of the body; and next, the progressive state of the disease. If it has advanced no farther than the first stage, and the body be moderately

strong, the inflammation may be removed by the use of the medicated vapour bath, and by stimulating the system.

If, however, the parts are exceedingly painful, with much swelling and hardness, we must seek to bring about suppuration. Above all things the surgeon's knife should not be allowed to touch it, for the difficulty of effecting a cure is always increased by cutting.

In the first stage of this disease, that is, if we hope to absorb the matter, and carry it through the system, we must treat it according to the plan laid down in acute diseases, (see inflammation,) with the "Course," stimulating application of liniments, &c. If on the contrary, it is in a condition to be brought forward, we must treat it as an abscess (see page 181). The slippery elm poultice should be used with equal parts of common oatmeal, and we should place the poultice below the hip, as far down upon the thigh as possible, whilst upon the hip we should apply the cloths dipped in the No. 6 and rheumatic drops; our reason for this is, that we may force the matter away from the most dangerous part, for if we can discharge it from the thigh, we shall run no risk, whilst if suffered to discharge itself from the hip, there is danger of its affecting the bone, in that case the patient becomes a cripple.

In addition to this mode of treatment, we should take care to strengthen our patient as much as possible, both with food and medicine. The last medicine recommended in chronic rheumatism may be prepared and given with the greatest advantage through the day, with this difference only, that we consider the age and strength of the patient. The quantity there recommended is, for an adult, and may be given in the same quantity here if it be an adult case, but if a child or youth, give in proportion to age. An emetic should be given occasionally, once a week if

possible, and the composition at bed-time, in hot water and milk, equal parts. After suppuration has taken place, treat it exactly as an abscess, with the No. 6 and healing salve, giving the medicine freely. Persevere, for it is a case requiring time and much patience. It is seldom cured in less than twelve months, oftener much longer, and sometimes not at all. The party undertaking cases of this kind should make himself perfect master of the theory of inflammation; he should see it clearly, and understand the mode of practice by which he expects to bring about a given result. There are those who tell us that medicine is all chance-work; this is a great mistake; it rests upon principles as certain as every other science.

WHITE SWELLING.

THE knee is often affected by the same disease as that just described, it is, in fact, occasioned by the same causes, and must be treated in the same general way. Give the same medicine as the last, now and then changing it for a little of the stomach bitters. Our great object should be to absorb and carry the matter through the system; for this purpose, apply the liniment of No. 6 and rheumatic drops, night and day, with the cloths damped with it, and the flannel on the outside. A slippery elm poultice may also be applied one or two nights during the week, prepared with the No. 6. The composition tea must be given, made with equal parts of boiling water and milk, every night. It will also be well to give an emetic weekly as in the last, or if fortnightly, perhaps, it will be sufficient. Once again, bear in mind that your own judgment must be brought to bear upon the subject. You will see

that those of a relaxed, ricketty, and delicate habit of body, are generally the most subject to it; and it will generally be found, even if the health had been good, that, previous to the disease manifesting itself, the body had become much debilitated. After the knee has suppurated, or broken, it will be well to apply the No. 6 to the part by day, with the healing salve on the outside, bandaged with a cloth; and at night, the slippery elm poultice, mixed, or prepared with hot ginger tea. It will also be well, in addition to the general treatment laid down, to steam the knee occasionally over a strong decoction of rhubarb, dock, and yarrow leaves. The following is *Dr. Thomson's poultice for white swelling*:—take fresh comfrey roots, scrape or grate them fine, until you obtain half a pint, add to this the white of three eggs, and a gill of brandy, or sufficient to make it into a proper consistence for a poultice; spread this, and bind it on the affected part as firmly as it can be borne, renewing it, or wetting it with brandy, as often as it becomes dry.

Bear in mind that the object to keep in view is, the restoration of a healthy circulation to the parts, for there is no healing power apart from the blood. Keep away all salt food, and fat animal matter of every kind, live chiefly upon good wholesome vegetable diet, milk, &c. See the bowels attended to, and in every way study the object you are seeking to obtain.

ASTHMA.

ASTHMA is an affection of the lungs, attended with wheezing, tightness upon the chest, and great difficulty of breathing. It is generally most severe during the nights,

with fits of coughing and discharge of heavy matter, after which there is some little cessation; the patient awakes often with a sense of suffocation, and has to be bolstered up in the bed. This is caused by obstruction in the air passages.

The disease has been classified under two heads: the one attended with a discharge of heavy mucous is called the humid asthma; that unattended with expectoration is called the dry or spasmodic asthma, because it comes on suddenly and alternately in fits of long or short duration. The causes of the disease are numerous, such as obstruction or cold, working in hot rooms, breathing impure air, loss of vital heat arising from indigestion, obesity or fatness, breathing poisonous vapours, suppression of the menses, &c.

In the dry spasmodic asthma the attack may be relieved, says Dr. Thomson, by the following means: "put the feet in warm water, and increase the heat until perspiration starts upon the temples and in the palms of the hands." This, without doubt, is highly beneficial. The following may be used at the same time: a tea cupful of boiling vinegar put into a half pint cup, with a tea spoonful of cayenne and a large table spoonful of lobelia herb, well mixed, held under the mouth and nostrils so that the fumes may pass into the air passages. This affords immediate relief. A strong tea may now be made as follows:

Self heal, one and a half ounce.

Onions, two ounces.

Anti-spasmodic powder, half an ounce.

Cut the onions small, and boil in three pints of water down to a quart, add the herbs and powder and boil for five minutes more, strain, and sweeten well with treacle.

Give of this mixture a wine glassful three or four times

during the hour, or more or less proportionably with the length and strength of the paroxysm.

The decoction of boiling vinegar, cayenne, and lobelia, recommended above, may now be strained off clear, and a sufficient quantity of treacle added to form it into a syrup. This may be given in half tea spoonful doses, or tea spoonful, in a little ginger tea, four, six, or eight times a day, as required; give an enema or clyster, simply composed of

Composition, half a tea spoonful.

Lobelia herb, half a tea spoonful.

Pour a pint of boiling water upon the whole, sweeten with treacle, and inject as early as possible before the fit comes on, or if on, directly after the above has been carried out.

Now if your patient can lie down, put the hot brick and vinegar cloths to the feet, and apply the stimulating poultice to the chest. If he cannot lie down, prop up with pillows, and give freely of yarrow and cayenne tea. The bowels should always be attended to in those cases, and those suffering from the complaint will find by simply taking the above injection and medicines, and by attending to the circulation, there will be but little danger of the attacks at all. Look to the general health, and endeavour to strengthen the system by taking nourishing food and medicine. The cough medicine recommended in cough, (see page 85,) will be highly useful. Remember that this, like all other disease, results from obstruction, and that where there is a deficiency of vital action, we must endeavour to supply its place by artificial means.

In addition to the treatment recommended, the lobelia tincture may be taken at bed-time in larger quantities; two or three tea spoonsful in a tea cupful of ginger tea every night.

The humid asthma may be treated in the same way as the last, with the addition of an emetic or two occasionally; indeed the tincture of lobelia is the most valuable asthmatic medicine that can be prepared, and be taken as freely as the system can bear; or the following may be taken with advantage :—

Equal parts of elecampane root, skunk cabbage, composition, and lobelia herb, in powder, well mixed, and a tea spoonful put into a tea cupful of boiling water, well sweetened with treacle. It may be allowed to cool and the powder to settle at the bottom, and the liquid be drank three and four times a day.

In very old people, much reduced in body, a cure is not to be expected; but where there is power in the system it is as curable as any other disease. The compound lobelia pills are highly useful here; take four, six, or eight daily.

CONSUMPTION.

“PULMONARY consumption,” says Dr. Mattson, “is one of the most fatal diseases known, and has been aptly termed the opprobrium of the medical faculty. In Europe it carries off one-fourth of the inhabitants, and appears to be equally if not more fatal in the United States. Andral, in a paper which he read before the French Academy of Science, furnished the following statistics relative to the ravages of this disease in different parts of Europe :—

Of 1000 deaths at Stockholm, 63 were by consumption.

„ „ Petersburg, nearly the same number.

„ „ Vienna, 115 were by consumption.

„ „ Munich, nearly the same number.

„ „ Berlin, 150 were by consumption.

Of 1000 deaths at London, 236 Dr. Crichton.

„ „ Paris, nearly the same number

Dr. Crichton, in his work on consumption, remarks, that the disease is much more prevalent in Great Britain than in Russia, and within the temperature than in the higher latitudes. In London and Paris it destroys nearly one-fourth of the population.

Of 1000 deaths in Marseilles, 250 were by consumption.

„	„	Genoa,	167	„	„
„	„	Naples,	125	„	„
„	„	Rome,	100	„	„
„	„	Pisa,	100	„	„

In New York the average deaths by consumption is 243 in 1000: nearly one-fourth. The City Inspector, in his annual report to the corporation, for 1839, stated the whole number of interments to be 7953, of which 1315 died of consumption, 460 of inflammation of the lungs, 36 of inflammation of the chest, 28 of bleeding from the lungs, 28 of congestion of the lungs, and 72 of bronchitis; total 1939. We therefore see that 243 in 1000 died of consumption, or some other disease of the lungs."

Now let us ask ourselves what the cause of this fearful mortality is, for all effects must have their cause; nor should we sit quietly down without doing whatever lies within our power to mitigate it. In endeavouring then to unravel the apparent mysteries connected with consumption, it will be necessary for us to examine into the structure and functions of the organ diseased, and however much we may be inclined to speculate upon subjects with which we are not thoroughly acquainted, one thing is certain, and that is, that truth, when fairly manifested, is so simple, that there cannot longer be two opinions upon it.

Without the lungs, then, there can be no life, and un-

less they are capable of performing their functions agreeably with the natural requirements of the body, there can be no such thing as health. Consumption is simply a diseased condition of the lungs; and what the body is with a diseased stomach, or incapacity to digest the food, so it is with the lungs incapable of digesting the air. If we were to call consumption a scrofula of the lungs, and seek for its causes, in the same way as we do for that disease, we should find it to be one and the same. This terrible disease, then, is in every respect a scrofula, and the means which will prevent and cure the one, will also, to a very great extent, prevent and cure the other; and the sole reason why it proves so fatal is, because it has not yet been properly understood; and common sense should tell us that we have no right to hope for success until we are properly acquainted with the nature of the work that we undertake to do.

The lungs fill up the whole cavity of the chest, and are the means by which we keep up the action or circulation of the blood, and so necessary are they, that anything which prevents us from breathing is certain to destroy life. It is no uncommon thing for death to take place by choking; this arises not from the food immediately sticking in the gullet, but from its pressure against the wind-pipe (trachea), thereby obstructing the passage of the air into the lungs.

We have said that consumption is simply a scrofula, seated in the lungs, and this, we think, will not be disputed when we fairly examine it. What, then, are the causes of scrofula? In our theory of inflammation (see pages 89 and 90) we have said, "here we observe the beauty and harmony upon which the botanic theory rests. The blood is the life, and thus, because an obstruction has taken

place in a particular part of the body, the whole system is disarranged, and the part itself, for the want of the 'heat' and vitality of the blood, dies. There is death, then, in that particular part; we see it rot and decay; suppuration carries off the offending matter; nature rids itself of the evil; and the body reacts and obtains its healthy state again." Now, why is it that this reaction is not so frequently manifested in the lungs? or in other words, why does the disease prove more fatal when seated there, than in the hip joint (*sciatica*), or in the knee (*white swelling*), or in the glands of the neck (*king's evil*)? It is simply because the organ, in which it is located, has its immediate control over the whole vital force, and anything which abstracts from the power of the lungs, abstracts equally from the power of the whole body. This is evident, for when we consider that the lungs of a healthy person receive from 3000 to 4000 gallons of atmospheric air daily, and that this quantity is absolutely necessary to the support of healthy life, the supreme influence of the lungs must be manifest to all. A little knowledge of this important fact will enable us to understand our subject. It is through the breathing of impure air that fevers, diarrhoea, cholera, and other forms of disease arise. The poisonous matter contained in the air that passes into the lungs contaminates the whole circulating system, and the secret of its development, degree, attack, and escape, lies in the quantity breathed, and the condition of the body or bodies receiving it. Thus, a strong man will throw off or discharge an impurity more than sufficient to kill a weaker one, and simply by the same law as that which enables a strong body to throw off the effects of a blow, which produces inflammation, mortification, and death, in a weaker one (see page 90). It

will now be seen that whatever vitiates or obstructs the regular circulation of the blood must necessarily lead to disease, and that disease is simply a manifestation of nature, seeking to rid itself of a burthen or incumbrance.

The blood, when in an impure condition, is more likely to settle in the lungs than in other parts, because of the soft spongy material of which they are composed, and of the work which they are called upon to perform. Every drop of blood that circulates through the body before it is fitted to give full strength and vigour, is bound to pass through the lungs, where it is brought in contact with the atmospheric air, upon the purity of which life depends; and when we remember that this is absolutely necessary to life, and at the same time reflect upon the many sources existing which continually vitiate the qualities of the air that we breathe, and how little attention is paid to the subject by even the greatest minds, we shall cease to wonder that consumption commits such dreadful ravages in society.

Whatever, then, vitiates the blood, or obstructs it in any way, predisposes the body to consumption; cold, therefore, is likely, if not removed, to lead to it; indeed it often settles upon the lungs, hence the foundation of consumption is frequently laid through inflammation, (cold upon the lungs) in infancy. In addition to this, it is, we know, also often hereditary, or transmitted through the parents; also that the workers in ill-ventilated factories and rooms, iron foundries, stone cutters, knife grinders, tailors, weavers, combers, shoemakers, manteau makers, milliners, miners, and people of sedentary habits, generally suffer the most from it. There are now two questions that most forcibly strike us; the first is,—has society no power to change the circumstances out of which

the evil arises ? and the second is,—are there no remedial means in nature by which the disease can be cured ? To the first we reply, by saying, men are the controllers of their own destinies, and both health and disease are determined by the knowledge and application of the means upon the one hand, or ignorance of the natural laws upon the other. Consumption, then, like every other physical evil, feeds upon the causes engendered by ignorance, and will cease when the ignorance is removed.

In regard to the second, we say most decidedly, yes, there are remedial agents in nature, but the success of them depend upon conditions. First. Nature never deceives us ; nor should those who seek to expound her truths deceive. We, therefore, say to all, who suffer from this or any other disease, that the first step towards the application of remedies lies in the removal of the causes. Thus, how many are there who have sought our advice and assistance whose sole dependance lay in certain injurious employments ; true, we have succeeded in curing them, but they have been compelled to return to the same employment ; again to leave it, and finally to sink into the grave, because there was no means of obtaining bread but by this sacrifice. Once again, then, I say, and that in perfect sincerity, that the man who holds out hopes to the sick, which cannot be realized, who professes to cure by vegetable remedies, or any other, diseases engendered by physical violation, without first ensuring himself that those violations can be removed, is both an enemy to the cause of truth, and an enemy to society at large. Life is a most precious jewel, for which a man will sacrifice all that he possesses. — And what right has he to the name of man, who, careless of nature's holiest gift, trifles with the lives of his fellow-creatures for the sake of paltry pelf.

We here assert, then, that consumption is curable in the majority of cases, if it be wisely and carefully treated ; and that it can not only be cured where it has fairly developed itself, but it can be prevented from developing itself at all if the vegetable or botanic practice be properly applied.

Consumption generally commences with a dry sharp cough, which may be considered as intermittent, that is, as being troublesome only at intervals of time. This goes on increasing, until tightness and soreness of the chest is felt, from whence it passes on to flushings of the cheeks, and feverishness, which sometimes last for a considerable length of time, without producing much uneasiness ; bye and bye, cold sweats come on during the night, the cough increases, with a slight discharge of white frothy matter. There is now a feeling of languor, which gradually progressing, a thick greenish purulent matter, sometimes streaked with blood is seen, debility and languor increases, acute pains are now felt in the chest and sides, the eyes fall in, discharge of matter increases, and in this condition, the patient gradually declines, until nature, exhausted, sinks into the dust.

That the faculty possess no power over this disease is evident, from the fact of their having given up the use of all their previous remedies, for the new fashioned one of *cod-liver oil*, and even this is now acknowledged to be a delusion by the most eminent among them. Experience, however, has taught us that the disease is curable, and we feel justified in saying, that full four out of every six cases undertaken by us, recover ; there is, however, in most, a tenderness and deficiency of vital power, which requires care even after the cures are performed. We now

and then find one return again to the full physical power of life, but this is the exception, not the rule.

In the first stage of the disease, that is, when the cough first presents itself, it is when the lungs are in an inflammatory or tubercular state. Our great object should now be to absorb the tubercles. By tubercles, we mean little knots of hard, fleshy, fibrous, substances, found in the lungs; these sometimes remain for years without ulcerating at all, they are quite common, and many have them who never die of consumption. In the stage just mentioned, then, that is, the tubercular, we have just to remember this one truth, that the loss of heat or vital power in the body is the cause of the tubercles, and that the way to remove them is to remove the causes, by applying the remedies; for this purpose, a half to a small tea spoonful of the syrup of lobelia, three, four, five, or six times a day may be taken as necessary, and the following medicine:—

Yarrow, one ounce and a half.

Self heal, one ounce.

Mallows, one ounce.

Pour a quart of boiling water upon the whole, and boil for ten minutes, with half an ounce of elecampane, pulverized, and a quarter of an ounce of composition powder, mix well, strain, add two ounces of gum arabic, and half a pound of lump sugar.

Take of this mixture half a wine glassful from four to six times a day. Take also at bed-time, every night, a tea spoonful of composition and skunk cabbage, mixed, in equal parts, in a full gill of boiling water, well sweetened with lump sugar, to which, add a third part of new milk. Composition, or spiced bitters, may be taken freely throughout the day, particularly if the patient feels cold and chilly. By this mode of treatment we see the object to be kept in view. The lungs are not now in an ulcerated condition,

or in other words, the inflammatory stage has not passed into ulceration, (see theory of inflammation, pages 88, 89, 90, and 91,) and we shall understand what there is to be done. The blood is the life: the tubercles and inflammation is there, because of the loss of power (heat). If the blood can be renewed, and made to pass through the hard, fleshy, fibrous knots, (which are the tubercles,) they will be absorbed, and the second stage, or ulcerated form, cannot then develope itself.

If, however, the second stage, or ulcerated form, has commenced, it will be necessary to assist the body to discharge the purulent ulcerated matter, before there can be the least chance of healing the parts. We have already alluded to the structure and material of the lungs, and here again observe, that their purpose is to enable us to keep up the circulation, and to complete its purification. Now, when it is remembered that they fill up the whole cavity of the chest, that they are of a soft, mucilaginous, spongy nature, and that there are not less, it is supposed, than a hundred and seventy millions of little cells for the reception of the air, interlined with ten times the number of beautiful little blood vessels, through which the vitalizing health-giving fluid is continually passing, we see at once the necessity of having a free passage for the three and four thousand gallons of air which it is necessary for us to breathe daily.

The lungs, then, when in a state of ulceration, by the fact of their being so, are no longer capable of receiving the quantity necessary to sustain the body, and in proportion as they become incapable of receiving it, so does the debility and disease increase.

It will now be clearly seen by the symptoms, such as continual coughing, expectoration, debility, shortness of

breath, &c., that there is something to be done. The air cells no longer receive their supply, for two reasons: first, because of the ulcers, and second, of the purulent or ulcerated matter, discharged from the diseased parts, taking possession and choking them up; and now we see what to do, raise the heat as follows:—

Put a table spoonful of composition into a full pint and a half of boiling water, sweeten and mix well, add a third part of new milk, take a pint of this warm in bed, or by the fire, now add a table spoonful of the pure lobelia herb to the other half, and drink that also in wine glassful doses.

Keep warm and never mind it, it will not hurt you. Is it doing its work? is there pain? is it very severe? It matters nothing how it is; we have already said that the “lobelia does its work in its own way;” and here we say again, that in nine cases out of ten, it will bring off the whole of the matter perfectly easy. If, on the contrary, it should not do so, it is because there is a hard work for it to do. We have succeeded in clearing the lungs, and producing sleep by this means, both in asthma and consumption, where the patient had not been able to lie in his bed for a month.

It is sometimes necessary to give one, two, three, and four, of those weekly, where the ulcers are deeply seated; in other cases, one a week is sufficient; in others, a single emetic, with the addition of small doses of the syrup of lobelia, and other means, have effected the cure. This, however, is easily determined by the patient, for when the discharge comes on freely, with tightness upon the chest, it is an evidence that there is something to be removed. Attend to the bowels by giving the simple injection of gruel and treacle, or by taking a pill or two occasionally,

or if relaxed, take equal parts of composition and bistort powder as follows :—

A tea spoonful of each, mixed, in a gill of boiling water, sweetened with lump sugar, add a third part of new milk, and take daily, in wine glassful doses.

If the hectic, or night sweats, are troublesome, rub the body well down every night before going to bed with the following :—

One quart of good vegetable vinegar, and a quart of water, mixed, add a table spoonful of cayenne, boil the whole for ten minntes, strain off the cayenne, and wipe down, cold, every night ; after which, rub with a dry cloth, and give the composition and skunk cabbage as recommended in the inflammatory or tubercular stage.

And now make a medicine as follows :—

Quassia chips, one ounce.

Horebound, one ounce.

Ground ivy, one ounce.

Carageen moss, quarter of an ounce.

Liquorice root, one ounce.

Composition and elecampane root, pulverized, three quarters of an ounce, mixed.

Cut up the root, chips, and moss, and boil in three quarts of water down to two quarts, now add the herbs and powder, and boil for five minutes more, mix well, strain, add a pound of lump sugar, and three ounces of gum arabic. Take of this mixture from four to six half wine glassesful daily, gradually increasing it after the first week or two.

Remember to take the syrup of lobelia in half tea spoonful doses through the day, six or eight times, or even more if the stomach can bear it.

This, with the composition at night, the spice bitters or composition through the day, and perseverance, will be found generally to effect the cure, if it is curable. It is sometimes prudent to change the medicine ; this can be done by making up the mixture recommended in cough (see page 85).

We believe we have now made the nature of consumption clear and understandable, and say again, it is simply a scrofulous disease of the lungs, brought on by the same general causes. It has greatly increased of late in our populous cities and manufacturing towns, and will decrease when properly understood and the means are taken to arrest it. Let no one believe, however, that medicine can counteract the laws which govern the life and health of the animal economy; it would be contrary to the universal order of things, and the wise will never expect, nor the honest physician promise it.

People unacquainted with the botanic practice may be inclined to suppose it impossible to take such a large quantity of physic as they imagine here recommended; to those we would just observe, that it is not the drugs of the shop, but simply vegetable preparations, and that they are to be considered as much in the shape of food as physic, for that which strengthens the body by natural means stands in the same relation to us as food.

A word or two more and we shall conclude this article. We have already spoken of the nature and purpose of the lungs, and have shown the great value of pure air as a health-giving and curative agent, and here we see the value of emetics in clearing the cells of the ulcerated matter, for as long as these remain choked, there cannot possibly be a chance for the patient's life. When, however, the obstruction is removed, the air takes possession, and need we ask, what the effects of supplying the lungs with pure air are? Is it not to give life by preparing or oxidizing the blood? And how can it be possible for the recuperative or healing process to take place in the lungs so long as the obstruction remains, which is, apart from the disease, sufficient to produce death. How truly piti-

ful it is to see men professing the noble art of physic, who in every respect may be considered as possessing good understanding and education, rendered so imbecile by false teaching that they are completely blind to the most simple pathological and physiological facts, and thus with the best intellects are nevertheless rendered incapable of fulfilling their mission.

There is an old classic adage, which says, "whom the Gods mean to destroy they first make mad," and truly we feel its force when we see the follies of *scientific professors*.

The last newly discovered remedy for consumption is *cod liver oil*. What an idea! How preposterous!! How contrary to everything like common sense!!! What medicinal property is there in it? But why further pursue the subject? We say once again, that it is in vain to seek the cure of consumption when it has attained the ulcerated form, without first bringing away the obstructed matter, for without breathing there can be no life, and in proportion as you diminish the quantity of air, so do you diminish the vital force, and in proportion as you increase the quantity of air, so do you increase the vital force, and as a consequence by thus strengthening the body, giving at the same time the remedies prescribed, so do you eradicate the disease.

PALSY (PARALYSIS)

Is either a partial or total loss of motion in some particular part. It generally extends to the whole of one side of the body, sometimes to the leg, at other times, to the arm,

while, at other times, the tongue is affected, and in some instances the bladder.

The causes are numerous, and sometimes difficult to discover, particularly to those who follow the customs and follies of life.

Smoking, for instance, as well as the chewing of tobacco, frequently induces it, by weakening the circulation, and injuring the nerves. It is also caused by the continual use of white lead in painting. It may also be occasioned through the loss of blood, either through disease or accident; anything, in fact, that relaxes and weakens the system, whether it be by eating too much, or too little, hard study, working in impure air, &c. Sometimes it arises from the injury of the spinal cord.

The aged are more subject to it, although of late it has increased much among the young.

The first thing to consider in the treatment of the disease is, the condition of the body, and the causes which produced it, for these must be dispensed with. If the patient is aged, and deficient of blood, the use of the stimulating liniment, that is, equal parts of the rheumatic drops and the No. 6, should be well rubbed into the parts affected, and the system strengthened as much as possible by proper food and medicine, for where there is a great deficiency of blood, and loss of nervous energy, since the disease has its origin through this, it is useless to attempt to equalize what is not in the body. Give the following medicine :—

Marshmallows, two ounces.

Centaury, one ounce.

Agrimony, one ounce.

Barberry bark, one ounce.

Angelica, one ounce.

Boil the bark in two quarts of water down to three pints, now

add the herbs with a table spoonful of scullcap, and a half tea spoonful of cayenne, boil for five minutes, mix well, strain, and add a pound of lump sugar; take of this mixture from four to six half wine glasses daily, gradually increasing it, using at the same time, through the day, the composition powder freely.

As soon as the veins begin to fill, which may be seen by noticing the back of the hands occasionally, give the Thomsonian Course. This is for the purpose of relaxing the contracted parts, and equalizing the circulation; one or more a week may be taken as required. The galvanic battery may be also used with advantage, as the strength increases. Remember this fact, however, that neither the vapour bath, or the battery, are of any avail, unless the blood can be increased, to nourish and sustain the system after the application of the means mentioned. There is no part of the body that possesses an independent existence. The life is in the blood, and as the body is built up, or organized through it, so can it alone be resuscitated by the same means.

Now it will matter but little what the cause of palsy or paralysis may be, the great object to keep in view is, the equalizing the circulation, and if that circulation is deficient, it must first be created before it can be used. Keep this in view, then, and it will be found that emetics and vapour baths are the best means that can be employed for doing it. We ask only that the system be prepared, and the strength improved, if possible, before commencing the "Course;" where this can be done the work is sure. In cases, however, where youth is on the patient's side, we find it well to begin the regular active treatment at once. Partial steaming to the part affected will often be of great use, although the general bath is by far the most advantageous. Perseverance, in this course of treatment, with

the application of stimulants externally, changing the medicine occasionally for the stomach bitters, and valerian, will effect its removal, unless it arise from a breaking up of the system, or injury of the spinal cord. In cases of this kind there is no cure to be expected, for they are entirely, or nearly, beyond the reach of physic. In young subjects, with plenty of vital power in their bodies, the use of the vapour bath once a week, with the cold dash after, and the cold shower bath every morning, with the composition tea after it, throughout the day, will sometimes have the effect of removing it, but this is the exception, not the rule. Suffice it to say, that this is the only method by which it can be brought about. The battery may be applied with some advantage with it. Now it will matter nothing in what part of the body the disease lies, the end to keep in view is, to obtain a sufficiency of blood, to equalize it first, and so to strengthen the system, that it may remain so.

APOPLEXY.

THIS is a disease which makes its appearance generally at an advanced period of life, and, like the gout, is found to hover around the footsteps of the wealthy. Those of a gross habit of body who lead inactive lives and who eat too many of the rich things of life, and drink them too, who make others "sweat," instead of sweating themselves, are the most subject to it. The symptoms generally present themselves for a time previous to the attack, and, if known, might in many instances be prevented altogether. They sometimes continue for weeks and even months, sometimes only a few days, while at other times, they

come on suddenly. More commonly it is ushered in by a swimming sensation in the head, sickness, dimness of sight, stupor, puffing of the lips, confusion of mind, frothy saliva, sputtering, &c. The treatment should be the most active employed in the botanic practice. Directly the symptoms present themselves the patient should have a lobelia emetic, the feet be put in warm water; too much of the lobelia herb and composition powder cannot be given here; as soon as this is done, an injection of equal parts of lobelia and composition may be administered, and if the emetic cannot be passed into the stomach, increase the power of the injection by adding a table spoonful of the lobelia herb and a tea spoonful of cayenne; keep the feet in the warm water, taking care to keep up the heat by adding more hot water as the former gets cold, and pour the following mixture into the throat: a half wine glassful of the tincture of lobelia with a half tea spoonful of cayenne mixed in it. Now rub the legs well, also the back part of the head and neck, with the rheumatic drops, and as soon as sensibility is restored, put into a warm bed, with the hot brick to the feet wrapped in a cloth wet with vinegar. Now give the following medicine, and keep up perspiration for some hours :—

Wood betony, one ounce.

Rosemary, half an ounce.

Angelica, half an ounce.

Composition powder, half an ounce.

Pour on three pints of water, boil ten minutes with the cover on, strain, sweeten, and give freely during the first three or four hours, after which reduce the quantity.

The patient should now be careful not to indulge in rich wines, or heavy food, all excitement should be avoided, the system strengthened with the stomach bitters, and, upon recovery, the “Thomsonian Course” should be given

occasionally, particularly if there is the least tendency to headache, numbness of the extremities, drowsiness, &c. This will be found, in connection with a light diet, and proper exercise, to be a most excellent means of preventing its return. Apoplexy, like all other disease, has its origin in a loss of the balance of the circulation; the one object, therefore, should be to restore it, and so to strengthen the system, that it may be able to sustain it. People of a gross habit of body, with *thick, heavy heads, short necks, red noses, full cheeks, and extensive corporations*, are the most liable to apoplectic attacks, and such will do well to make themselves acquainted with the lobelia emetics, vapour, and cold baths, for by these applications the disease may be prevented from paying the second visit, and most certainly would never pay the first, if their virtues were known, appreciated, and applied; but where those who are predisposed to it, after an attack, return again to previous habits, we may begin to calculate that it will not be any great length of time before we shall have to go through the same routine that we have just passed, with the odds greatly against us; supposing, however, that we conquer it this time, nothing but the most determined resolution will be of any value, and when all is done, there is much to be feared for the future.

FITS—FALLING SICKNESS, OR EPILEPSY.

THIS disease has its origin in a great number of causes, and has been known to exist from time immemorial; various have been the superstitions and nostrums that have been applied for its cure in different ages and times.

Josephus tells us that Solomon cured epilepsy by the magic influence of a ring which he applied to the nostrils of the sufferer. He also says that he himself saw a Jewish priest perform a cure of epilepsy before Vespasian, his sons, and the tribunes of the Roman army, by the same means. There was concealed within the ring the root of some plant, the name and virtues of which were not known to him.

Epileptic fits generally come on periodically, that is, at stated times, weekly, fortnightly, monthly, quarterly, or yearly, or longer or shorter, as the case may be ; they are induced by blows, fractures, frights, passion, nervous affections, worms, poisons, water in the brain, and sometimes it is hereditary.

The symptoms are as various as the causes : pain in the head, noise in the ears, wind in the stomach, weariness, dullness, and stupor. Sometimes they come on suddenly with but very little warning, when the sufferer falls down suddenly, the fingers clench, teeth fix, eyes distorted, with foaming at the mouth, great convulsion or struggling, with the tongue often fixed between the teeth, voiding of urine, &c.

The method of treatment should be in many respects as the last. Care should be taken to prevent the sufferer from bruising himself by placing a pillow under the head ; a piece of soft deal stick may be placed between the teeth, to prevent the tongue being bit ; this done, the cayenne and tincture of lobelia may be poured into the mouth, the feet and legs should also be well rubbed with the stimulating liniment, and upon returning to consciousness, the patient should be put to bed, and an emetic given. It will be well, previous to this, to give the stimulating clyster, particularly if the bowels have been confined. The hot

brick and vinegar cloths should now be applied to the feet, and perspiration promoted as soon as possible, by giving freely of composition tea. The great object here is, to remove the pressure from the brain, equalize the circulation, and improve the general health ; and we venture to assert that if those who suffer from epilepsy would mark the period about which the attack makes its appearance, take an emetic, and raise the circulation, the fit might be cut off altogether, and by persevering in this course, taking between the times of attack the following medicine, it will, if curable, be entirely eradicated :—

Black horehound, one and a half ounce.

Rue, or herb of grace, one ounce.

Pellitory of the wall, one ounce.

Pour three pints of boiling water upon the whole, boil for five minutes, now add half an ounce of anti-spasmodic powder, mix well, let it stand a few minutes, strain, add an ounce of Spanish juice, and take a wine glassful four times a day.

Let the food be light and nutritious. If the disease arise from close confinement in a mill, or workshop, it will be well to seek a change of employment if possible ; if from extreme nervousness, it will be well, in addition to the treatment recommended, to wash the body in cold water and vinegar every morning, rubbing down well with a coarse dry cloth, and giving freely through the day equal parts of scullcap and composition tea ; if from worms (see worms, pages 56, 57, 58, and 59) and treat accordingly, increasing the dose and strength agreeably with the age.

Where the symptoms give warning, or if there be sufficient time before the attack commences, put the feet at once into hot water, and take a half tea spoonful of cayenne in a tea cupful of hot water, sweetened with sugar, this will prevent it ; after which, the *emetic* should be taken, the hot brick applied to the feet, or what is better,

a full "course." This disease is rarely cured where the brain has become weakened, the memory shattered, the sufferer greatly emaciated, and idiotcy begins to present itself. It is, therefore, well to look to it in time before it has passed beyond the reach of aid. Always seek to improve the general health. Smoking and drinking strong drinks should be carefully avoided, and instead of taking hot tea and coffee, or even oatmeal porridge, with the meals, take raspberry leaves, mugwort, wood sage, balm, and angelica, changing them occasionally to suit the stomach.

PALPITATION OF THE HEART.

(PALPITATIO.)

THIS has become a very common complaint, and is chiefly confined to those who suffer from general debility, dyspepsia, nervous disease, affections of the chest, &c. It is well known that a disease of the heart generally proves fatal, and those who suffer from palpitation, being nervous, imagine on that account they must die. Palpitation, however, is generally sympathetic, that is, the effect of some other disease, and what will remove the primary cause will remove this also. If dyspepsia or indigestion is the cause treat for it. If cough, asthma, consumption, or constipation, see those forms of disease, and treat for them, taking at the same time the following:—

Motherwort, two ounces.

Rosemary, quarter of an ounce.

Pulverized scullcap and valerian, equal parts, half an ounce.

Composition powder, one tea spoonful.

Pour three pints of boiling water upon the whole, mix well, let

it cool, and in addition to the medicine recommended for the other diseases, take a half wine glassful cold, four to six times a day.

HEADACHE.

THIS is also very common, particularly with young females, and has its origin in many causes. It is generally connected, like palpitation, with some other disease. In fact, *palpitation of the head*, throbbing at the temples, palpitation of the heart, beating or throbbing at the stomach, may all be classed under the sympathetic forms of disease, for they all have their origin in general disarrangement, and are connected either with a diseased condition of the stomach, bowels, liver, spleen, or some other of the internal viscera. Where there is a full habit of body, headache often arises from plethora, fullness, or a determination of blood to the head, at other times from an obstruction of the periodic terms in females, or from injuries to the brain, inflammation, tumours, ulcers, disease of the bone, &c.

Now, in order to cure that which is sympathetic or connected with another form of disease, it is necessary to cure the disease from which it arises. What is the cause of the headache then? This must be the first question.

Are the bowels confined, (see constipation, page 144.) Does it arise from a foul stomach? Take a full Thomsonian Course (see page 51). Is plethora or determination of blood to the head the cause? (See page 170 and 171.) Bleeding at the nose and apoplexy, and treat as in those cases with the "course." If it arise from rheumatic pains, or tic douloureux, see either of those cases. If from obstruction of the menses, see that disease. The following

treatment, however, will generally remove the symptoms, and where it arises from heaviness of the blood, slight affection of the nerves, or constipation, it will sometimes be found sufficient. If it is not, resort to the more active treatment:—

Yarrow, one ounce.

Wood betony, one ounce and a half.

Mugwort, one ounce.

Scullcap, valerian, and composition, equal parts, one ounce.

Pour three pints of boiling water upon the whole, mix well, let it stand a little time. Now pour off a pint, sweeten with treacle, and take hot in bed, with the hot brick and vinegar cloths to the feet. Take at the same time two of the pills No. 1.

The object here is to raise the circulation and relieve the inflammation. This will effect the purpose; the medicine now remaining may be taken at the rate of four wine glassesful daily, with a tea cupful of it hot at bed-time, and one, two, or three pills if the bowels require moving, at night. Generally speaking, however, *headaches*, in order to effectually remove them, require the active and regular treatment. After taking the medicine here recommended, it will be well to strengthen the system by taking the stomach bitters or ladies' spiced bitters, for a little time.

OLD SORES, BAD LEGS, BURNS, &c.

THESE are found very common, particularly with females, about what is considered the change of life, and often with men at an advanced age. They are always connected with general disarrangement, such as dropsy, dyspepsia, periodic obstruction, &c. It does not always happen that bad legs and old sores are considered as belonging to the

above, but in nine cases out of every ten it is so. True it is that those who suffer from them are incapable, sometimes, of understanding the causes, but the experienced practitioner has no difficulty in knowing. There cannot possibly be wounds unless by accident or bodily disease. Yes, some one will observe, "mine came with an accident, the smallest scratch imaginable, or slightest bruise; I took no notice of it until it began to inflame, then I poulticed it, bathed it, got some ointment for it, and so I have kept on, but it gets no better, only *worse and worse*; first it was no bigger than a pin's head, now it is as large as a crown piece, and so painful!" Now how is this? Why did the part inflame, and why has it grown so painful and "worse and worse?" How many times, my poor woman or man, have you scratched or bruised your legs in times past, and as often as it has been done, so have they healed up again and no more notice taken of it? And why did it get "worse and worse" this time? The answer is obvious, because of the impurity of the blood. It is the nature of healthy flesh to heal where the accident has not produced very serious effects, whilst it is the nature of all wounds or accidents to get "worse and worse" where there is constitutional disease or vital deficiency. Now read carefully the theory of inflammation, (page 88) and when this is done you will see why it is that there are so many bad legs, and why so many *body tinkers*, not doctors, fail to cure them. What then is the first thing to consider in bad legs, burns, old sores, &c.? why, the condition of the body most assuredly. Then how must we cure them? By curing the body is our reply.

Is there dropsy in the legs? See dropsy, and treat it; applying at the same the following: wash the wound or wounds well in warm milk and water, now dip a cloth in

the No. 6 liniment, double or treble it and lay it upon the sore (never mind the little pain,) now apply the healing salve upon the outside of it, upon a piece of cotton, and tie the whole round with a bandage made wet in mustard and water, (see dropsy,) and now tie up with a dry cloth or bandage on the outside of the whole ; take at the same time the dropsy medicine, follow the directions there laid down, and the wounds will heal as the body acquires its healthy state, simply because they cannot help it. The wounds should be washed clean, morning, noon, and night, the No. 6, and healing salve applied, and the medicine taken regularly throughout the day. Are the wounds the result of dyspepsia or a loss of vital power, see dyspepsia, and treat for it, washing with milk and water, applying the No. 6, and the healing salve, with the dry bandage only, take at the same time the alterative or purifying powder daily, attend to the bowels by taking the pills No. 1, or the English rhubarb and ginger, equal parts, bruised and boiled at the rate of one ounce of each to a quart of water, down to a pint and a half, sweeten well with treacle, and take a wine glassful four to six times a day, or less or more as required. The bowels should be moved at the rate of twice a day, or three times every two days. If young females suffer from bad legs, arising from obstruction of the terms, or if females at any period of their lives suffer from them, follow out the recommendations now laid down regarding the washing, No. 6 healing salve, &c., (see obstruction of the menses,) and treat it accordingly.

If the wounds are the effects of burns, and are accompanied with inflammation, equalize the circulation, apply the No. 6 healing salve, &c., the chamomile flowers, marshmallows, slippery elm, or yarrow, (see external inflamma-

tion, pages 92 and 93,) and follow this course, according to the requirements of the case. If proud flesh is seen, which is rarely the case, under the management laid down, apply a little fine white sugar. There is no necessity for vitriol, or any poison, the No. 6 answers every purpose with us, and we are fully satisfied, by long experience, that if the practitioner will make himself acquainted with the theory and practice accordingly, that he will not fail. Smoking and chewing should be dispensed with, and alcoholic drinks of every kind, for these things only serve to keep up the inflammatory condition of the blood, as well as to vitiate it.

OF SCALDS.

THIS is very commonly taking place, particularly where there are children. No father or mother, or in fact, no one ought to be unacquainted with the method of relieving and curing it.

In all scalds, whether by fire or water, the best method of treatment is, to immerse the parts in cold water, or if not convenient so to do, apply wet cold bandages, giving at the same time freely of composition tea, to raise up the circulation. It will be well if the parts are only blistered, and not broken, to follow out this simple plan, for there is nothing better. The great object should be, where the skin is not broken, to prevent inflammation, or at at least, to subdue or keep it in check, and this can be done by simply applying the wet cloths, and giving the composition.

If the case is severe, put the hot brick and vinegar cloths to the feet. If the skin is broken, apply poultices of

slippery elm, and white pond lily, pulverized, and mixed with sweet oil. This is a most excellent poultice in all very severe cases, for the great object here is, to see that the injured parts are not obstructed ; or, in other words, we must be careful to keep the surface clean and soft, for if it is suffered to remain dirty, and to get dry, the poison which should be discharged from the body is confined within, which leads to inflammation and fever, from which follows gangrene (mortification) and death. After a time, when the inflammatory and painful symptoms are gone, and the parts appear to be healing, apply the healing salve, taking care to keep up the heat internally, to attend to the bowels, and to keep the parts perfectly clean and warm. If the finger and toes are so scalded or burned, that the wounds are very bad, take care to keep them asunder, for if they are suffered to adhere together, there will be great difficulty in their cure.

CHILBLAINS

ARE common with children during the cold winter weather, particularly with those who are exposed. Good sound easy shoes and warm worsted stockings and gloves are very excellent preventives, and pity it is, that any poor child should suffer from the want of them. Since they cannot at all times be had we must endeavour to palliate or remove the results arising from it in the best way we can. Those who suffer from chilblains should be careful not to go too suddenly to the fire when cold, the circulation should be promoted by rubbing the parts well. Friction is an excellent preventive, and cold water or snow applied and well rubbed will also prevent the inflamma-

tion and swelling. The No. 6 rubbed into the parts affected will prevent them from breaking. If, however, the children, or those suffering, go to the fire, the inflammation is increased, and the parts are sure to break. We remember when residing in London a young man coming from the West of England to that city upon the deck of a steam packet; he was exposed for two nights, and being very sick was incapable of helping himself; his feet were frost bitten, and although he walked a mile or more from the packet after arriving, without feeling any great inconvenience, he nevertheless incautiously held his feet to the fire for some time. The result was inflammation, sloughing, and ulceration supervened; he was ill for full six months, and when the feet were healed he became a cripple for life.

The No. 6 then, friction, jumping, smacking the hands and arms, composition tea, cold water, snow, ice, water, anything in fact but the fire, for this will be more productive of mischief. Should ulceration have taken place, or, in other words, if the chilblains have broken, treat with the washing in milk and water, No. 6., and healing salve, using freely of the composition internally, cleanliness, ease, and rest.

Part the Fifth.

DISEASES PECULIAR TO FEMALES.

WE should consider our little work altogether incomplete, if we were to neglect paying that attention to the fairer portion

of our fellow creatures which their position in life demands ; nor shall we suffer a false modesty to prevent us from so doing.

Females, from the many follies, fashions in life, the periodic changes, from child bearing, confinement, and excessive labour, are generally more subject to indisposition than the male sex, and there is nothing more painful to the mind than to witness the sufferings of those, to whom, as men, we owe all the advantages of life ; we shall therefore do what we can to assist them to help themselves, and to teach them also to help others.

RETENTION OF THE MENSES.

(GREEN SICKNESS.)

FEMALES from the age of eighteen undergo a complete change of constitution, which, nevertheless, being perfectly natural, takes place where there is perfect health without any great inconvenience. In speaking of this there will be but little necessity for enlarging, inasmuch as all mothers and fathers understand its necessity and purpose, and know it to be the first *critical period of woman's life*. We shall briefly observe then, that after the female has arrived at the period mentioned, she begins to experience a complete revolution in manners, habits, and appearance, at the same time the terms, or menstruation, begins, and regularly make their appearance every month, lasting for about three days, which discharge is kept up regularly from that time until the age of from forty to fifty, excepting during childbearing, suckling, &c., when they cease altogether, giving place to another change in the economy of female life.

This periodic condition is so essential to the health that it cannot be retained after a certain age without great injury; hence, we find where menstruation does not begin about the age specified in young females, that they grow dull in spirits, complain of heaviness, fatigue, pain in the back and loins, wind in the stomach, acidity, costiveness, loss of appetite, with, at times, a desire for food the most unnatural, such as chalk, lime, and other substances. The face grows pale as the complaint advances, and gradually assumes a yellowish or green colour; there is a purple tinge around the eyes, and a paleness on the lips, from whence follows palpitation, swelling of the ankles, cough, hysteria, &c., &c.

Anything that obstructs the circulation, or debilitates the body in any way, will prevent the change from taking place. It must, in fact, be sufficiently evident to all, who know anything of the conditions of life, that wherever the health has been impaired, there must necessarily be an incapacity in the body to fulfil this condition which exists only in relation to health. Young females require good air, exercise, *good society*, proper food, pure water, sufficient sleep, and kind treatment. Where the majority of those can be had, nature generally acknowledges her supremacy; but where they cannot, she is often overpowered in the conflict; hence it is, that so many young females suffer from this disease, such as dressmakers, weavers, straw bonnet makers, &c. Mothers are too often ignorant of the causes of this in their daughters, and certainly more ignorant of the remedies for removing it; hence, they imagine if anything, no matter what, could be done, just to bring it about, that this would be quite sufficient, and they run about, first to this wonderful doctor, and then to

the other, until the health is completely undermined, and the constitution broken down.

True it is that nature sometimes asserts her superiority, and effects the change, but this is an exception which common sense should teach us we ought not to expect. *Restore the health of the body*, and as the periodic discharge is a natural operation dependent entirely upon health, it will follow just as naturally as any other of the evacuations. What is the matter then? Look to it ye mothers. Does the appetite fail? Are the spirits dull? Is there constipation of the bowels, sickness, &c.? Be sure if these symptoms are seen, that it is time for you to begin to look about you. Once again, then, we say, "Restore the health!"

Begin, then, by removing whatever causes tend to keep the obstruction up. Does your daughter work in a mill? Remove her for a time at least. Is she a dress maker, shoe binder, bonnet maker, shop girl, or fine delicate, aristocratic, creature, with legs not made for walking, and hands not made for working, who has become so imbecile, through the ridiculousness of fashion, that she can neither dress, nor undress herself, without the help of her maid, goes to bed when she should arise, and arise when she should be going to bed? Is she compelled to pass through the ordeals of fashionable life, walk in a certain way, smile when tolerated, and, in fact, to do everything by rule? Is she a genuine stuck up five feet and a half wasp, incapable of even tying her own garters, or unlacing her own boots? if so, we say more the pity, and pity 'tis, that the health of so many of the fair daughters of Eve should thus be sacrificed to stupid custom. Those unfortunates are truly entitled to our most serious grief, because the means to avoid the evils are within their reach, if they were not *too wise* to

employ them. "Remove the causes," we say, and then examine into the state of the body. Our general method of treatment is as follows:—wipe the body down well, all over, in cold vinegar and water, equal parts, rub dry with a coarse cloth, put to bed, apply the hot brick and vinegar cloths to the feet, and raise the perspiration, by giving freely of *pennyroyal* and *wood-sage* tea, and if there is a tendency to sickness, give an emetic. If the bowels are confined, give a pill or two of the No. 1, at night, as may be required. A medicine may now be made up as follows:

Bogbean, one ounce.

Pennyroyal, one ounce.

Tansy, half an ounce.

Female corrective powder, half an ounce.

Pour three pints of boiling water upon the whole, mix well, and boil for five minutes, with the cover on, strain; add an ounce and a half of Spanish juice. Take a half wine glassful of this mixture four times a day, and a tea spoonful of the corrective powder, mixed in a half gill of boiling water, and a third part of new milk, sweetened, and taken at bed-time, every night.

The feet may be put in warm water, and the friction with the vinegar and water and coarse cloth, continued after it; this, with the tea, given to raise the circulation, will generally effect the purpose. Let the medicine be continued, changing it sometimes for a little of the ladies spiced bitters.

The emetic should not be overlooked, wherever there is the least tendency to sickness. This is a most important period of life, and mothers are in duty bound, having had experience, to pay attention to their daughters who are without it, for the future health and happiness of the girls life depends, in a great measure, upon this important change. Change of scene, good society, warm clothing, good air, exercise, and the medicine recom-

mended, will not fail, if there be no organic deficiency, or malformation, to bring it about.

PAINFUL MENSTRUATION.

THIS is generally accompanied with severe pain in the loins, back, and lower portion of the abdomen, and always accompanies the period of the discharge; sometimes it precedes it for two or three days, and continues very severe. Indeed, we have seen cases where the most excruciating pains have accompanied it, and where it had continued for years with scarcely any intermission.

Treatment same as the last, with an enema as follows, every night, for three or four nights previous to the terms appearing :—

Lobelia herb, half a tea spoonful.

Corrective powder, half a tea spoonful.

Pour twelve ounces of boiling water upon the whole, sweeten well with treacle, and add a small table spoonful of No. 6, let the powder settle, and use as directed.

Should there be difficulty of voiding the water, add an ounce of pellitory of the wall to the medicine prescribed, and sit over the steam of strong herbal decoctions, such as mugwort, mayweed, yarrow, mint, wood sage, garden sage, &c. Where the pain is very severe, apply hot poultices and fomentations of hops, balm, rosemary, &c., and raise the perspiration, by giving strong corrective powder tea. Perseverance in this course has enabled us to cure the most stubborn cases of this kind.

IRREGULAR MENSTRUATION.

THIS is always occasioned by a loss of vital power ; hence, wherever the menses are irregular, there is sure to be accompanied with it other disease, such as dyspepsia (indigestion), headache, flatulency, affection of the liver, or some equally distressing malady, The great object should be here, the restoration of the health, this done, the menses will regulate themselves.

If the bowels are confined, give, as occasion requires, one or two of the No. 1 pills, at bed-time ; take the corrective powder at bed-time also, as recommended in *retention of the menses*.

Wash with the vinegar and water once a week, rub down, put to bed, and raise the perspiration in the same way, and if necessary, *i e.*, if the tongue be furred, with tendency to sickness, take the lobelia emetic. Take also the following medicine :—

Centaurry, one ounce.

Agrimony, one ounce.

Queen of the meadow, one ounce.

Ladies spice bitters, half an ounce

Pour a quart of boiling water upon the whole, mix well, boil for five minutes, let it stand, with the cover on, for a quarter of an hour, strain, add six ounces of lump sugar, and take a half wine glassful from four to six times a day.

A little perseverance in this course will be found sufficient to bring about the regularity.

SUPPRESSED MENSTRUATION.

THIS is but an advanced stage of the last complaint, and may be cured by the same means, unless, as is too often the case, the patient has been so long neglected, through ignorance, or other causes, that there is not sufficient power, either in the body or medicine, to bring about a reaction. Where this is, we have no right to expect it, for it is impossible for the menses to be retained, or suppressed, without producing very serious results; and when it is suffered to go on, unassisted, for a length of time, a train of diseases follow which often terminate in death.

Treatment the same as that recommended in retention of the menses, with the addition of a tea spoonful of the essence of mint. If the body is much reduced by other disease, let those forms of disease, whatever they be, be attended to, before any attempt is made to induce the discharge, for we must be careful not to use medicines which act immediately upon the suppression, unless there is power in the body sufficient to warrant it. Endeavour to improve by assisting nature, and bear in mind that the strength of the patient must be the guide for the medical attendant. This must be remembered in all cases, for it is only with increasing strength that we can venture safely to increase our medicine.

IMMODERATE FLOW OF THE MENSES.

WE have already observed that the periodic discharge, or

menstruation, in females, is a perfectly natural operation, and that it cannot be obstructed without great danger to the health. In like manner, it cannot be increased beyond due limits without great danger. In any way, then, whether as regards "retention, irregularity, suppression, or excess," the evil is equally the same, and each condition may be summed up in one sentence, "loss of the balance in the circulation," and wherever an immoderate or excessive flow of the periodic discharge is found to exist, it results from this fact; "restore it," and most assuredly the excess will cease. Once again, let us remind our female friends, that where this, like "suppression" has broken the body down, it has induced, or brought with it, a train of other diseases. We must, therefore, distinguish between violent and natural means. Powerful astringents, and the application of cold water, wet bandages, and even ice, elixir of vitriol, and tincture of steel, have been, and are still employed as curative agents, and yet there are numberless simples in the great laboratory of nature ever ready at hand, perfectly harmless, and all sufficient for our purpose.

The following medicine may be prepared, and given in half wine glassful doses four to six times a day :—

Queen of the meadow, one ounce.

Princes' feather, one ounce.

Tormentil herb, one ounce.

Great burnet herb, one ounce.

Composition, tormentil, and bistort powder, half an ounce each.

Pour full three pints of boiling water upon the whole, mix well, and boil for ten minutes, with the cover on, let it stand for half an hour, now strain upon half a pound of lump sugar.

Take of this mixture as recommended above. It will, possibly, be necessary in this case, as in those already

treated, to wash the body down with the vinegar and water once a week, rub with a good coarse cloth, and raise the perspiration after, by taking freely of composition tea; and during the progress of the treatment, if the stomach be disordered, give an emetic; use also a little of the ladies spiced bitters, and bear in mind, if there are obstructions, either in the water or bowels, to relieve them. The pills, No. 1, or enema, or both, alternately, as most convenient, and best suited to the case. And now let us remind our fair readers, that all disease is obstruction, from which is induced debility, and the whole secret of curing lies in restoring order, and this can never be done, so long as the natural outlets are obstructed, or the parts in a relaxed state.

WHITES. (LEUCORRŒA.)

THIS is generally the result of weakness, and is a complaint to which many females are subject; it is both disagreeable and exceedingly debilitating, and on no account should be suffered to continue. The following may be prepared, and used as a wash freely. There will be no necessity for injections, which are so frequently resorted to, if the parts be bathed as far internally as possible.

Raspberry leaves, one ounce.

Blackberry leaves, one ounce.

Marsh or common mallows, one ounce.

Pour a quart of boiling water upon the whole, boil ten minutes, with the cover on, let it stand until cold, now strain, and add half an ounce of the No. 6. This can be kept in a bottle, and used three or four times every day.

The following medicine may also be taken internally:—

White pond lily root, half an ounce.

Comfrey root, one ounce.

Bistort root, two ounces.

Female restorative powder, half an ounce.

Bruise and boil the roots in three pints of water down to a quart, now add the powder, and boil for five minutes more, mix well, let it stand half an hour, strain, and add half a pound of the golden syrup of treacle.

Take of this mixture from four to six half wine glassesful daily. Attend to the bowels, &c., according to the directions already given. Take a little of the stomach bitters occasionally, and wipe the body down in vinegar and water once a week, taking care to raise the heat afterwards, by giving the composition, applying the hot brick and vinegar cloths to the feet, &c. If the medicine, here recommended, does not effect the cure, add, after a little time, half an ounce of the cubebs powder, and boil with the medicine.

CESSATION OF THE MENSES, OR CRITICAL PERIOD OF LIFE.

THIS is generally considered the second critical period of woman's life, as in reality it is; and, although there are some writers, who contend that disease is a necessary consequence of the change, nevertheless, we do not belong to that school; our opinion is, that as the first critical period is made so, more from artificial than natural causes, so also is the second period. If the general health can be sustained, there will be no danger attending it, and if it cannot, there will necessarily be a breaking down of the constitution. To those females, then, who read our little book, we have only to recommend attention to the condi-

tions which determine health, and it will be easily seen, that there are a thousand things connected with her existence which are continually tending to disarrange her system. Is it to be wondered at, that, after the care and toil for from twenty to thirty years, the anxieties connected with the bringing up a family, and the many thoughts and fears which she endures, in consideration of the future lot of her children, that nature should be found incapable of holding her up against so many disadvantages? Certainly it is not at all surprising; the only thing to wonder at is, how so many hold up as well as they do. So far, then, as regards this change, or critical period of life, we can only say, whatever form of disease may manifest itself, either then, or at any other time, the one object should be, to seek a remedy in time. This will be a safe and certain way of sustaining the body, and preparing it for whatever changes it may be naturally compelled to pass through. Of one thing we are certain, and that is, that the change will take place without danger, if the body is in health; but if dyspepsia, disease of the liver, rheumatic, general debility, or disease of any kind, exist at this particular age, when the body has commenced its passage down the hill of life, the difficulty of holding up becomes greatly increased, and this we must also remember, that in this condition the difficulty of throwing off a disease is greatly increased.

In concluding our remarks upon this important subject, we can only add, that proper attention to the body in its earlier stages is the best preventive against disease in its later stages; and if our little book should become, as we believe it will, the domestic friend of the mothers of England, we hope it will be found worthy of their patronage; nor have we a single doubt but that it will be, if followed,

the means of enabling many a poor mother to prevent the fearful ravages made upon the constitutions of their children, and more particularly enable them to retain the bloom of health upon the cheeks of their fair daughters, and of teaching them to understand the conditions established in nature for the conservation of that great and inestimable blessing, *health* ; and if our poor efforts can be made available *for this purpose to the mothers of England, we ask no greater reward than their blessing.*

HYSTERIA.

THIS is a disease to which females are often subject. It comes on in fits, preceded by dejection of spirits, anxiety of mind, difficulty of breathing, weeping, sickness, and palpitation. In severe cases there is an appearance of suffocation, stupor, and insensibility, followed by alternate paroxysms of laughing and crying ; a frothy saliva escapes from the mouth, which at length abating, a quantity of wind escapes from the stomach, with frequent sobbing and sighing. When this passes, the sufferer returns to consciousness, and in general without any knowledge of what has been passing. Hysterical affections occur much more frequently in the single than in the married state, and generally between the ages of fifteen and thirty or thirty-five years, and are always connected with other diseases, such as general debility, nervousness, obstruction, or excess of the monthly terms, constipation, &c.

The one aim should be to "remove the cause," and the advice given in the retention of menses and nervous disease will answer equally well here ; change of scene, good society, pure air and exercise, followed by the treatment

laid down for any of the forms of disease under which the patient may happen to labour.

In cases of sudden attack, put the feet at once in warm water, add a tea spoonful of the No. 6, same of the cayenne syrup, and same of the lobelia syrup ; mix in a wine glass of hot water, sweeten well, and give in tea spoonful doses as quick as possible. If this remedy is not at hand, give the cayenne syrup alone ; take care to allow a free passage for the air ; slip the stay lace, and keep as easy as possible. As soon as consciousness returns, if the bowels are confined, relieve them with the enema, put to bed, and raise a gentle moisture upon the surface of the skin by giving a tea of composition and anti-spasmodic powder. Pour a pint of boiling water upon three tea spoonsful, mixed in equal parts, sweeten well, and give freely. The lobelia syrup may be taken in half tea spoonful doses every half hour, and if there is a necessity give tea spoonful or table spoonful doses, sufficient to excite vomiting. The great thing, however, to bear in mind is, treatment for the causes of the disease after the fit or paroxysm has passed, and the patient is free from the attack. People ignorant of disease content themselves by merely seeing the effect pass, while the cause is suffered to remain ; and appear satisfied in hoping that it will not return again. To all who read this book let me say, that hoping is not the thing required ; disease cannot be removed without labour ; work ! and with the right means too ; this is the great essential. It is useless to sit down and cry for help ; remember that "God helps those only who help themselves." His laws are fixed and unchangeable ; and our duty, as rational creatures, is to understand and apply them to the purposes and necessities of life. "Whip your horses and set your shoulders to the wheel," was the advice given by

Heroules to the waggoner, when his team was stuck in the ditch, and depend upon it this advice is equally as applicable to all immediately connected and interested in curing the sick. "Whip your horses," then, ye mothers and fathers, husbands and wives, and "set your shoulders to the wheels;" or in other words, use the means with a full faith in the provision of nature, and so shall your exertions meet their reward.

In conclusion, let me say, that faith is a general requisite in assisting to cure disease; not blind faith, ignorantly placed upon men and means of which we have no knowledge, but a fixed faith in the knowledge and virtues of the remedies used, and in the capacity and skill of those who employ them. "Faith," it is said, "will remove mountains;" so it will; but how? why, simply by using the means; and labour is the only means that can be employed. Faith will do it when backed with labour; but not without. Wise men know this, and therefore fix their faith upon the means. For this we ask for "faith," that we may ensure co-operation in effecting whatever there is to be done for human good, either in preserving health or curing disease.

Part the Sixth,

AND LAST.

MEDICAL compounds and remedies prescribed throughout the work, with additions to be employed when necessary :

NAMES, USES OF THE HERBS, &c.

COMPOUND LOBELIA PILLS.

Mix equal parts of pulverized lobelia seed and cayenne in thickly dissolved gum arabic, sufficient to form into pills. Good in cases of dyspepsia, rheumatism, inflammations, gout, asthma, consumption, jaundice, and scrofula. They assist to bring about a crisis in the disease. Four, six, or eight a-day may be taken with the greatest advantage. If there be a great degree of acid on the stomach, they will probably produce pain; this is rather a good sign than otherwise, and will cease as soon as the acidity and disease begin to subside. We have known them to perfect cures of dyspepsia, loss of appetite, sickness upon the stomach, &c., without any other aid.

PURE LOBELIA PILLS.

Lobelia seed and herb, equal parts, mix as the last, sufficient to form a mass; divide into pills. In this form an emetic may be given at bed-time, when desirable. Six or eight will be sufficient. Gentle doses of composition should be taken afterwards, when the patient may wrap up warm and go to sleep. They may also be taken in consumption, asthma, coughs, &c.

PURE CAYENNE PILLS.

Mix as the last, sufficient to form a mass; divide into pills. These pills are most excellent to assist the stomach when cold and distended with flatulency or wind. Three or four of them taken after dinner, or when engaged in walking or working in the cold, particularly at night, will be found most invaluable. Good also for gout, colic, and ague.

THOMSON'S COMPOSITION POWDER.

Take three pounds of finely ground bayberry root, one and a half pound of best ginger, three ounces of cayenne, and three ounces of cloves, all finely pulverized, thoroughly mixed, and passed through a sieve.

A variety of formulas for preparing composition powder, (says Dr. Comfort) have been introduced; but there are no articles that can so well supply the place as those recommended by Thomson.

We generally prepare ours from this formula, for we believe it the best.

The usual mode of taking this powder is as follows:—a tea spoonful in a tea cupful of hot water, well sweetened with sugar. It will often be found to produce pain and vomiting, but this is only when there is something foul upon the stomach requiring to be removed, and will pass away as soon as the obstruction is gone. To produce perspiration, remove colds, inflammations, &c, two large tea spoonsful may be put to a full pint of boiling water, sweetened well, and taken in bed. If it be well mixed, and the water boiling, as it always should be, the powder may be allowed to settle to the bottom, and the liquid only drank.

Many families use this powder as a beverage with the meals in preference to tea or coffee; where this is the case, it is generally prepared as follows: a half tea spoonful well mixed first in a little hot water sufficient to form a paste, now add a little more until it is free from lumps, after which pour on a pint of boiling water and half a pint of boiling milk, sweeten well, let the powder settle to the bottom, and gently pour into the tea cup. For those whose stomachs are weak and cold, with bad digestion, who suffer from constipation, weakness, chronic disease, &c., it will be found a most invaluable, certain, and pleasant remedy.

BRITISH HERB TEA,

Good both for the health and pocket. Great burnet, raspberry leaves, and agrimony, equal parts; cut up small with a sharp knife or scissors, put into the caddy, and use freely. Make as the regular tea, adding sugar, milk, &c.

GOOD SUBSTITUTE FOR COFFEE.

Clean and cut up a parsnip in thin slices, after which cut small, dry, and brown in an oven, grind to powder, and use as coffee. This is a most excellent substitute, cheaper, and more healthful. Make as coffee, with sugar, milk, &c.

COUGH POWDER.

Skunk Cabbage	1 oz.	Liquorice root, pulv. ...	$\frac{1}{2}$ oz.
Pulverized polly poddy...	$\frac{1}{2}$ oz.	Skullcap	$\frac{1}{2}$ oz.

Anise seed $\frac{1}{4}$ oz. Lobelia herb $\frac{1}{4}$ oz.

And as much cayenne as will lay upon a sixpence.

Mix well. Dose for an adult, a tea spoonful; upon which pour a tea cupful of boiling water, sweetened with treacle, if there is constipation of the bowels, if not, with coarse sugar. Take this three or four times a day, or oftener, in wine glassful doses. Give it to a child or youth in proportion to their ages.

FEMALE CORRECTIVE POWDER.

Excellent in obstruction of the monthly periods, debility, loss of appetite, &c.

Poplar bark, 2 oz. Cinnamon, $\frac{1}{2}$ oz.
 Ginger, $\frac{1}{2}$ oz. Pulverized anise, $\frac{1}{2}$ oz.
 Bayberry, 1 oz. Golden seal, $\frac{1}{4}$ oz.

Dose as the last.

FEMALE RESTORATIVE POWDER.

Balmony, $\frac{1}{2}$ oz. Bistort root, pulverized, $\frac{1}{2}$ oz.
 White pond lily, pulv.,... $\frac{1}{2}$ oz. Comfrey root, pulverized, 1 oz.
 Cloves, pulverized,..... $\frac{1}{2}$ oz. Tormentil, pulverized, ... 1 oz.

Cayenne, as much as will stand upon a shilling.

Mix well, and take as the last, well sweetened with treacle, or in wine glassful doses. This will be found a most excellent remedy for all leucorrhœa (whites) discharges, excess of menstruation, &c.

DIAPHORETIC, OR SWEATING POWDER.

English rhubarb, pulv.,... $\frac{1}{2}$ oz. Bayberry powder, 1 oz.
 Cloves, $\frac{1}{2}$ oz. Lobelia herb, $\frac{1}{2}$ oz.
 Ginger, $\frac{1}{2}$ oz. Sassafras bark, 1 oz.

Cayenne, as much as will stand upon a shilling.

Mix well, and take as follows: for an adult, a table spoonful in a pint and a half of boiling water, sweeten with treacle, and give in tea cupful doses as freely as possible. This is an excellent remedy in colds, inflammation, and fevers, and may be used with the greatest advantage in removing congestion of the lungs, and foulness and canker from the stomach and bowels. It will produce perspiration and excite vomiting, if there is anything to be brought away, either from the lungs or stomach, if not, it will pass off harmless, and at the same time do good.

ANTI-SPASMODIC POWDER. ~

Exceedingly good in spasms and cramps of the stomach and bowels.

Burdock seeds, pulv., ... ½ oz.	Skullcap, pulv., ½ oz.
Ginger, best, pulv., 1 oz.	Carraway, pulv.,..... ½ oz.
Lobelia herb, ½ oz.	Golden seal, ½ oz.

Cayenne, as much as will stand upon a shilling.

Mix well, prepare as the last, and take in half tea cupful doses when any symptom of spasm is felt; take freely, and it will prevent their coming forward, or arrest it immediately that it passes into the stomach.

PURIFYING POWDER.

Sassafras bark, pulv., ... 1 oz.	Cubebs, pulv.,..... ½ oz.
English rhubarb root, pulv., 1 oz.	Comfrey root, pulv., 1 oz.
Sarsaparilla, pulv., ½ oz.	Dock root, pulv., 1 oz.
	Cayenne,..... ½ oz.

Take as the last. Excellent in purifying and cleansing the blood in old venereal cases.

LADIES' SPICE BITTERS.

Golden seal, ½ oz.	Bayberry powder, 2 oz.
Prickly ash, ½ oz.	Cinnamon, ½ oz.
Cloves,..... ½ oz.	Cayenne,..... ½ oz.
Balmony, ½ oz.	White sugar, finely pulv., ½ lb.

Mix the whole well, and sieve, and take a tea spoonful in about half a tea cupful of cold or hot water, three or four times a day, or make as composition with boiling water and milk, add a little extra sugar if necessary.

LINIMENT, FOR BRUISES, STRAINS, PAINFUL TUMOURS, SWELLING, RHEUMATISM, &c.

Pulverized myrrh..... 1 oz.	Oil of sassafras, ½ oz.
Cayenne, ½ oz.	Pure spirits of wine,... 1 quart.

Mix well, let it stand for eight or ten days, filter, and use to bathe and rub the parts affected.

ANOTHER.

Pint of pure No. 6, or tincture of myrrh.

Camphor, 1 oz.	Oil of fir,..... ½ oz.
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Mix well, shake up, and let it stand a few days, filter, and use as the last.

RHEUMATIC DROPS, OR STIMULATING LINIMENT.

Cayenne pepper..... $\frac{1}{2}$ oz. Powdered myrrh $\frac{1}{2}$ oz.
Spirits of turpentine $\frac{1}{2}$ oz.

Mix well with a sufficient quantity of pure No. 6 to form into a thin paste, now pour on a quart of boiling vinegar, keep it well stirred the while, let it stand a few days, strain, and use at any time during the night and day, or when the pains are troublesome.

ANOTHER.

Table spoonful of cayenne.

Table spoonful of skull cap.

Table spoonful of pulverized prickly ash.

One ounce of white soap, cut thin and small.

Pour a full pint of boiling vinegar upon the whole, let it stand a few days, shaking it daily until it is all dissolved, strain off, and use as the last. It will be well after rubbing in the liniment, either for rheumatic, lumbago, cramp, or other pains, to wrap the parts up in flannel.

PILE OINTMENT.

Pinus canadensis, pulv. $\frac{1}{2}$ oz. Comfrey root, pulv. $\frac{1}{2}$ oz.

Cut up an ounce of crane's bill, fine.

Mix in a clean saucepan, and gently simmer for one hour, with ten ounces of lard and two of mutton suet; strain first through a coarse cloth, and squeeze or press out the strength as much as possible. Now pass it through a cloth rather finer, and add two ounces of olive oil. This is a most excellent ointment for piles, chaps upon the hands, lips, &c. It is also good for sore nipples in females, and may be used with advantage after applying the No. 6.

HEALING SALVE.—(*Samuel Thomson's.*)

Bees' wax $\frac{1}{2}$ lb. Turpentine 10 oz.
Fresh butter $\frac{1}{2}$ lb. Balsam of fir 5 oz.

Gently simmer until the wax is melted; strain. This preparation, commonly called Thomson's healing salve, is designed (says Dr.

Comfort) to protect the injured parts from the action of the air, and assist the healing efforts of nature.

BASILICAN OINTMENT.

Yellow resin 5 oz. Bees' wax 2 oz.
Lard 8 oz.

Simmer until it is all melted, mix well, and let it cool. This is used in ulcers, burns, scalds, wounds, chilblains, &c.

SIMPLE CERATE, OR NIPPLE SALVE.

Spermacetti 2 oz. White wax 6 oz.
Olive oil 12 oz.

Gently simmer by the fire until it is all dissolved, and mix well. This is a neat, soft, excellent salve, and will be found highly useful upon raw wounds, cuts, &c., or on sore nipples and chapped hands.

BURN SALVE.

Burgundy pitch..... 8 oz. Bees' wax 4 oz.
Mutton suet 10 oz.

Simmer the whole until it all melts, strain, and add six ounces of olive oil. This is an excellent salve for old wounds, ulcers, &c.

STRENGTHENING PLASTER.

Venice turpentine $\frac{1}{2}$ lb. Burgundy pitch $\frac{1}{2}$ lb.

Gently simmer the two together, and when well melted spread thinly on a piece of soft white sheep skin. Good in weakness of the joints, pains in the chest, back, loins, &c.

ANOTHER.

White resin $\frac{1}{4}$ lb. Cayenne..... a tea spoonful.
Burgundy pitch..... $\frac{1}{2}$ lb. Olive oil 4 oz.

Gently simmer, prepare as the last, and use in the same manner.

ACID TINCTURE OF LOBELIA.

Lobelia seed 2 oz.* Lobelia herb $\frac{1}{2}$ oz.
Cayenne pepper a tea spoonful.

Mix in a pint of good vegetable vinegar, let it stand from ten to twelve days, shaking it well every day, after which it will be fit for use.

This preparation may be used either in this or in any other way. It is best to form it into a syrup for children, which can be done by adding a sufficient quantity of the golden syrup of treacle. A tea spoonful of this may be given to a child twelve months old, in weak composition tea, every twenty minutes, until vomiting takes place. A table spoonful to an adult.

It will also be found highly useful in this way given in asthma throughout the day, or a table spoonful in some composition tea at bed-time. In consumption, pleurisy, coughs, &c.

COMMON EMETIC POWDER.

Ipecacuanha, 4 oz. Lobelia, 4 oz.
 Blood root, 2 oz.

Pulverize separately. Dose: a tea spoonful, given every thirty minutes, till it operates. It should generally be given in boneset or chamomile flower tea. If the first or second portions are immediately rejected, continue to give it till free vomiting takes place.

From Dr. BEACH's New Guide to Health.

VEGETABLE SYRUP.

Liverwort 1 lb. Skunk cabbage 1 lb.
 Solomon's seal 1 lb. Blood root $\frac{1}{2}$ lb.
 Water horehound 1 lb.

Add a sufficient quantity of water, boil, and pour off the water till the strength is obtained, strain, and boil to twenty porter bottlesful, and add twenty pounds of strained honey, remove from the fire, and add one pint of brandy, let it settle for use.

Dose.—A wine glassful three or four times a day.

Use.—This preparation is used in every kind of pulmonary disease, and particularly in hæmoptysis (bleeding of the lungs) and asthmatic affections.—Dr. BEACH.

SYRUP OF SARSAPARILLA.

Sarsaparilla, three and a half pounds.
 Distilled water, three gallons.
 Sugar, eight ounces.
 Rectified spirit, two fluid ounces.

Boil the sarsaparilla in two gallons of water down to a gallon, pour off the liquor, and strain while hot, again boil the sarsaparilla

in the remaining water down to a half, and strain; evaporate the liquors mixed together to two pints, and in these dissolve the sugar; lastly, when they have cooled, add the spirit.

Dose.—A wine glassful three times a day. Use.—Good to purify the blood.—Dr. BEACH.

TIC DOLOREUX LINIMENT.

No. 6 pure 1 oz. Sassafras oil $\frac{1}{2}$ oz.
Spirits of hartshorn..... $\frac{1}{2}$ oz.

Mix and shake well up, saturate or wet a bandage of cotton four times double, and apply to the face or part affected, with a dry cloth tied on the outside. The feet should be put in warm water for five minutes as soon as the cloths are fixed, and a tea made as follows:—equal parts of composition, skull cap, and valerian, mix well; put a table spoonful into a pint of water, let the powder settle to the bottom, sweeten, and drink hot in bed; apply at the same time a hot bottle of water to the feet. This will cure the most inveterate cases of this kind if it be persevered with for three or four nights. During the day the same medicine should be taken in half tea cupful doses four or six times, and the parts should be rubbed and bandaged in flannel.

Our anti-cholera, curative anti-venereal powders, and family pills, can be obtained genuine, with the whole of the medicines prescribed throughout the work, of our numerous agents, or wholesale at our establishment, No. 11, East Parade, Leeds.

NAMES AND PROPERTIES OF THE HERBS RECOMMENDED IN THIS WORK.

Anise seed—*Pimpinella anisum*. Aro. car. pec. Good in flatulent colic, and to correct and flavor unpleasant medicines.

Angelica—*Lycopus europeas*. Ast. ton. bal. Excellent in fevers, bowel complaints, and indigestion.

- Agrimony, hemp—*Eupatorium cannabinum*. A.s.or. cath. diu. Excellent to purify the blood and remove obstructions.
- Agrimony, common—*Agrimonia eupatoria*. Ast. ton. diu. Employed in fevers, jaundice, coughs, and bowel complaints.
- Burnet—*Pimpinella sanguisorba*. Ast. sud. sty. Excellent astringent, used in fluxes and overflowing of the menses.
- Bistort—*Polygonum bistorta*. Ast. sty. Splendid in diarrhoea, bleeding piles, and all fluxes of the bowels and lungs.
- Blackberry leaves—*Rubus vulgaris major*. Ast. ton. Good in diarrhoea, cholera infantum, and dysentery.
- Burdock seeds—*Arctium lappa*. Diu. car. ton. Used for cramps, and as a diuretic for inflammation of kidneys, spasms, &c.
- Balm—*Melissa officinalis*. Dia. ner. sto. Useful in colds, headaches, indigestion, and nervous complaints.
- Butternut—*Juglans cineria*. Cath. ton. ver. In cordial or extract a good aperient, and a gentle cathartic for worms.
- Bayberry—*Myrica cerifera*. Aro. sti. ast. Good in dysentery and all excessive evacuations, excellent for canker.
- Burdock root—*Arctium lappa*. Diu. her. a-scor. Used for diseases of the kidneys and obstructions.
- Barberry bark—*Berberis vulgaris*. Ton. ref. ast. Good for affections of the liver, jaundice, fever, and dysentery.
- Black horehound—*Ballota nigra*. Ner. ton. emm. Good to promote the menses, excellent in nervous diseases.
- Bogbean—*Menyanthes trifoliata*. Ton. Deo. Good to strengthen the stomach, useful in scurvy, herpetic diseases, and rheumatism.
- Cayenne—*Capsicum baccatum*. Sti. car. ton. Excellent in fevers, cholera, pa'sy, dyspepsia, colds, &c.
- Cinnamon—*Laurus cinnamomum*. Sti. Aro. Used in sickness of the stomach, relax, &c.
- Cranes-bill—*Geranium maculatum*. Sty. ast. ton. An excellent remedy for diarrhoea, hemorrhage, and fluor albus.
- Cloves—*Eugenia caryophyllata*. Sti. aro. car. Good in flatulency, gout, and dyspepsia.
- Clivers—*Galium aparine*. Diu. sud. Good in gravel, dropsy, fevers, obstructions, and eruptions.
- Comfrey Root—*Symphitum officinalis*. Pec. dem. bal. Valuable

in dysentery, cough, diseases of the bladder, kidneys and bowels.

Centaury—*Sabbatia angularis*.—Feb. sto. ton. Good in fever, ague, and defective digestion.

Colt's foot—*Tussilago farfara*. Exp. pec. dem. Esteemed in coughs, asthma, and consumption.

Calumbo root—*Frasera caroliniensis*. Ton. Good in jaundice, liver complaints, and dyspepsia.

Dandelion root—*Leontodon taraxacum*. Deo. diu. ast. ton. A good remedy in diseases of the liver, gravel, and constipation.

Devil's bit, scabious root—*Scabiosa succisa*. Dia. dem. Feb. Good in coughs, fevers, and inflammations.

Elder flowers—*Sambucus canadensis*. Alt. sud. her. Good in skin diseases, and promoting perspiration.

Flecampane—*Inula helenium*. Exp. ast. sto. Good in colics, colds, coughs, dropsies, and cutaneous diseases.

Fennel Seed—*Anethum fœniculum*. Car. sto. A good aromatic, useful in bitters and a variety of compounds.

Fumitory—*Fumaria officinale*. Deo. dia. diu. Good for cutaneous eruptions.

Ginger—*Amomum zingiber*. Sti. car. sto. Used in dyspepsia, flatulency, tonic compounds, &c.

Groundsell—*Senecio vulgaris*. Eme. vul. Good internally as a gentle emetic for children; externally for old ulcers.

Ground Ivy—*Glechoma hederacea*. Dem. sto. ton. Excellent in coughs and internal ulcers.

Gentian—*Gentiana*. Ton. sto. Good in dyspepsia, liver complaints, and debility.

Germander—*Teucrium chamædrys*. Dia. sti. Excellent in all inflammatory disease.

Guaiacum—*Guaiacum officinale*. Sti. dia. det. Strengthens the stomach, and purges an impure state of the blood.

Hyssop—*Hyssopus officinalis*. Exp. ceph. Used in humoral asthma, coughs, and disorders of the chest.

Horehound—*Marrubium vulgare*. Sto. pec. deo. Beneficial in asthma, coughs, jaundice, and obstruction.

Horse-radish—*Cochlearia armoracia*. Acr. sti. Beneficial in chronic rheumatism, asthma, debility, and cramps.

- Juniper Berries**—*Juniperis communis*. Diu. car. sti. Excellent in dropsy, and all obstructions of the urine.
- Ladies' Mantle**—*Archimilla*. Ast. sty. Good for overflowing of the menses, bloody flux, &c.
- Lobelia**—*Lobelia inflata*. Eme. dia. exp. Used in asthma, consumption, spasms, and as an emetic it is very valuable.
- Liquorice Root**—*Glycyrrhiza glabra*. Dem. exp. lax. An excellent medicine in coughs, hoarseness, and asthma.
- Marshmallows**—*Althaea officinalis*. Emo. dem. ast. Good in asthma, coughs, dysentery, piles, and affection of the kidneys.
- Mountain Flax**—*Polygana senega*. Sti. cath. Good in constipation of the bowels.
- Meadow Sweet**—*Eupatorium perpureum*. Diu. aro. Excellent in strangury, and all dropsical affections.
- Myrrh Gum**—*Balsamodendron myrrhae*. Sti. ton. a-sep. Excellent in female complaints, old ulcers, fevers, canker and gangrene.
- Mugwort**—*Artemisia vulgaris*. Deo. A-bil. ner. Good to promote perspiration, urine, and the menses.
- Mouse Ear**—*Gnaphaleum uglinosum*. Sud. sto. Good for colds, coughs, and obstructions.
- Motherwort**—*Leonoras cardiaca*. Ner. sto. emm. Used in low fevers, chronic weakness, and nervous affections.
- Onion**—*Allium oepa*. Exp. a-spas. Useful in coughs and asthma.
- Pennyroyal**—*Mentha pulegium*. Car. sud. sti. aro. Good for suppressions of urine, obstructed menses, and the gravel.
- Pellitory of the Wall**—*Parietaria vulgaris*. Diu. Excellent remedy for suppression of urine, gravel, and fits.
- Pinus Canadensis**. Ast. ton. Useful in diseases of the back and kidneys.
- Peppermint**—*Mentha piperita*. Sto. sti. sud. Administered in nervous affections of the stomach, flatulence, and to allay vomiting.
- Polly-poddy root**—*Polypodium vulgare*. Pec. dem. ver. Excellent in coughs, consumptions, and for expelling worms.
- Plantain root**—*Plantago vulgaris*. Ref. vul. a-sep. diu. Externally and internally good for scrofulous diseases.
- Poplar Bark**—*Populus tremuloides*. Ton. ast. aro. Excellent in diarrhoea, debility, and indigestion.

- Parsley Pert—*Percicler*. Diu. Excellent in all obstructions of the urine, jaundice, and affections of the liver.
- Prince's Feather—*Amaranthus hypochondriacus*. Ast. her. Excellent in profuse menstruation, bowel complaints, and piles.
- Quassia—*Quassia excelsor*. Ton. Adapted to dyspeptic cases, and to debilitated digestive organs.
- Raspberry Leaves—*Rubus strigosus*. Ton. ast. Used in bowel complaints and canker.
- Rhubarb Root (English)—*Rheum palmatum*. Car. ast. ape. Excellent in all impurities of the blood, inflammation.
- Rue—*Ruta graveolens*. Ton. diu. sto. Employed in epilepsy, hysterics, hiccup, and as a stomachic.
- Rhubarb Leaves—*Rheum palmatum*. A-scor. Good to purify the blood: used in medicated baths.
- Rosemary—*Rosmarinus officinalis*. Ast. ton. ner. The flowers and leaves are good in nervous and hysterical affections.
- Spearmint—*Mentha viridis*. Feb. diu. sti. Excellent in gravel, suppression of urine, and allays nausea.
- Sage (Garden)—*Salvia major vulgaris*. A-sep. dia. ast. Good in colic, cholera, colds, and coughs.
- Sage (Wood)—*Salvia agrestis*. Dia. ast. emm. Useful in inflammation, fever, cholera, colic, and obstruction of the menses.
- Sorrell Seed—*Acetosa vulgaris*. A-scor. diu. Good for purifying the blood.
- Self Heal—*Prunella vulgaris*. Ast. Good in hæmorrhage, diarrhœa, and gargles in sore throats.
- Summer Savory—*Satureja hortensis*. Sto. aro. Good in colds and slight febrile attacks.
- St. John's Wort—*Hypericum perforatum*. Ast. Bal. Diu. Beneficial in diarrhœa, obstruction of urine, and hysterical complaints.
- Strawberry Leaves—*Fragaria virginiana*. Ast. feb. ref. Employed in sore throats, fevers, swelled gums, and bowel complaints.
- Skull Cap—*Scutellaria lateriflora*. Ton. sud. ner. Remarkably efficacious in St. Vitus' dance, convulsions, and lock-jaw.
- Sweet Flag Root—*Calamus aromaticus*. Aro. sto.. Excellent in flatulence, colic, and wind on the stomach.
- Sarsaparilla—*Smilax sarsaparilla*. Alt. dem. deo. An excellent remedy in all scrofulous, venereal, and eruptive diseases.

- Shepherd's Purse—*Bursa pastoris*. Ast. ref. Good for relax, overflowing of the menses, and bleeding piles.
- Slippery Elm—*Ulmus fulva*. Emo. diu. dem. Excellent in urinary and bowel complaints, scurvy, and inveterate eruptions, also as a diet in fevers, and externally in poultices.
- Sassafras—*Laurus sassafras*. Sti. ape. ton. alt. Very good in eruptive diseases and rheumatic complaints.
- Skunk Cabbage—*Ictodes foetida*. A-spas. ner. dem. Good for bleeding at the lungs, coughs, asthma, and obstructed menses.
- Tansy—*Tanacetum vulgare*. Diu. Emm. ver. ton. Good to promote menstruation, to expel worms, and remove obstructions.
- Tormentil—*Tormentilla erecta*. Sti. ast. ton. Good for diarrhoea, hemorrhage, and fluor albus.
- Valerian—*Valeriana officinalis*. Ner. ano. sty. Good in all cases of nervous, hysteric, and spasmodic affections.
- Vervain—*Verbena hastata*. Sud. ton. Good in intermittents, scrofulous, and gravel complaints.
- Wildmint—*Menthastrum*. Emm. sti. ast. Used in diarrhoea, to strengthen the stomach, and promote the menses.
- White Pond Lily Root—*Nymphae odorata*. Pec. emo. ast. ton. Used in scrofulous tumours, canker, gleet, and whites.
- Wormwood—*Artemisia absinthium*. Ton. sti. a-bil. Promotes the appetite and digestion, and is good in dyspepsia and intermittents.
- Wood Betony—*Pedicularis canadensis*. Ner. ton. dia. Good for headaches, hysterics, and nervous affections.
- Wild Carrot—*Daucus carota*. Diu. deo. Useful in gravel, diseases of the bladder, and suppressed menses.
- Yellow Dock—*Rumex crispus*. Ton. deo. her. Excellent in diseases of the skin, and scrofulous disorders.
- Yarrow—*Achillea millefolium*. Ast. sto. dia. Good to purify the blood, open the pores, and remove obstructions.

ABBREVIATIONS AND PROPERTIES EXPLAINED.

- ACR.....Acrid : biting, caustic.
- ALT.....Alterative : changing the morbid actions of the secretions.
- ANO.....Anodyne : quieting, easing pain.

- ANTH.....Anthelmintic :** expelling or destroying worms.
A BIL.....Antibilious : correcting the bile or bilious secretions.
A-SCOR...Anti-scorbutic : useful in scurvy.
A-SEP.....Anti-septic : preventing mortification.
A-SPAS ...Anti-spasmodic : relieving spasms.
APE.....Aperient : opening.
ARO.....Aromatic : agreeable, spicy.
AST.....Astringent : contracting the fibres or solids.
BAL.....Balsamic : mild, healing, stimulant.
CAR.....Carminative : expelling wind.
CATH.....Cathartic : purgative, cleansing the bowels.
CEPH.....Cephalic : remedy for diseases of the head.
DEM.....Demulcent : sheathing or lucubrating.
DEODeobstruent : correcting the secretions, or removing obstructions.
DIADiaphoretic : producing insensible perspiration.
DIU.....Diuretic : increasing the discharge of urine.
DIS.....Discutient : dissolving, discussing.
EME.....Emetic : causing vomiting.
EMO.....Emollient : softening, causing warmth and moisture.
EMMEmmenagogue : promoting menstruation.
EXP.....Expectorant : producing discharge from the lungs.
FEB.....Febrifuge : dispelling fever, allaying fever heat.
HER.....Herpetic : curing diseases of the skin.
LAX.....Laxative : mild purgative.
MUC.....Mucilaginous : glutinous, lubricating.
NERNervine : strengthening the nerves.
PEC.....Pectoral : useful in diseases of lungs and chest.
REF.....Refrigerant : cooling and mitigating heat.
SEDSedative : depressing the vital powers.
STI.....Stimulating : exciting action, giving strength.
STO.....Stomachic : to excite the action of and strengthen the stomach.
STYStyptic : stopping bleeding.
SUD.....Sudorific : causing sweat.
TON.....Tonic : permanently strengthening.
VER.....Vermifuge : destroying worms.
VUL.....Vulnerary : medicines which heal wounds.

HINTS TO BE REMEMBERED BY OUR PEOPLE IN PRACTICE.

1st.—Before giving an emetic read carefully pages 86 and 87.

2nd.—The “course” of medicine, or “Thomsonian Course,” consists of a clyster to relieve the bowels, vapour bath to open the pores of the skin and equalize the circulation of the blood, and an emetic to relieve the stomach. Let reason be your guide in using it.

3rd.—The lobelia is a simple remedy, and can do no harm, if wisely and properly administered. Bear in mind, however, this fact, that the most nutritious food becomes injurious when improperly taken, and that as none but ignorant people improperly use food, so none but ignorant people improperly use medicine. The use of food is to strengthen, sustain, and build the body up; the abuse of food is to weaken, reduce, and bring the body down. The use of physic is to remove disease; the abuse of physic to create it. The best of all things if abused leads to evil.

4th.—Wherever there is a cold, chilly feeling experienced, it is an evidence of disorder. This, if neglected, may lead to serious results, but if taken in time may be removed without difficulty. “A stitch in time saves nine” is applicable in disease as well as in health. The wise are careful to remember this.

5th.—“Fools rush in where angels fear to tread.” The botanic practitioner should never risk his credit upon hopeless cases; it is, therefore, better to let them alone, for if he looks only upon them, and they die, prejudice will condemn *his eyes* as the cause.

6th.—Truth is strong and must conquer, but much of its success depends upon the time and manner of using it. All, therefore, who love the truth, if they are faithful to it, will take care to avoid giving prejudice and ignorance a favourable opportunity to injure it.

7th.—Union is strength, but only where there is truth to bind it. The first step towards success lies in union of sentiment ; the second, in organization ; and the third, in successful practice. The first must precede the second, and the second the third, whilst the practice must be successful if the two former flourish.

8th.—Read and reflect calmly and carefully, and not this book only, but all other books that may be written upon the subject, so far as your means and time will admit, and if it appear to you that medicine is a subject worthy of consideration, and you believe the vegetable practice to be founded in truth, do all that you can to promote it, for in proportion to your zeal in the cause of good, so will your value be amongst *men*.

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SALE OF POISONS.

In Preston twenty-one druggists sold, in one week, 23 lbs. 5 oz. and 5 drs. of Godfrey's cordial ; 18 lbs. 4 oz. of infants' preservative ; 16 lbs. 9 oz. of syrup of poppies ; 1 lb. 1 oz. and 6 drs. of opium ; 7 lbs. 8 oz. and 2 drs. of paragoric, making a total of 68 lbs. 1 oz. and 5 drs. of narcotic or poisonous drugs.

These preparations are given to enable the mothers to work at the factory, and they do so by narcotising their infants.—*Preston Guardian*.

LOOK TO IT PARENTS !!

Note, page 304h.—Out of 1000 children born in London, only 592 would remain alive at the end of five years ; in Birmingham, only 518 ; in Leeds, only 520 ; in Manchester, only 490 ; and in Liverpool, only 472.—*Report of the Registrar General*.

ERRATA.

Page 19th, read instead of "feet," "miles," first word in the eleventh line.
 Page 24th, read "wealth," for "health," last word in the sixteenth line.
 Page 62nd, read down to a "pint and a half," instead of "three pints."

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